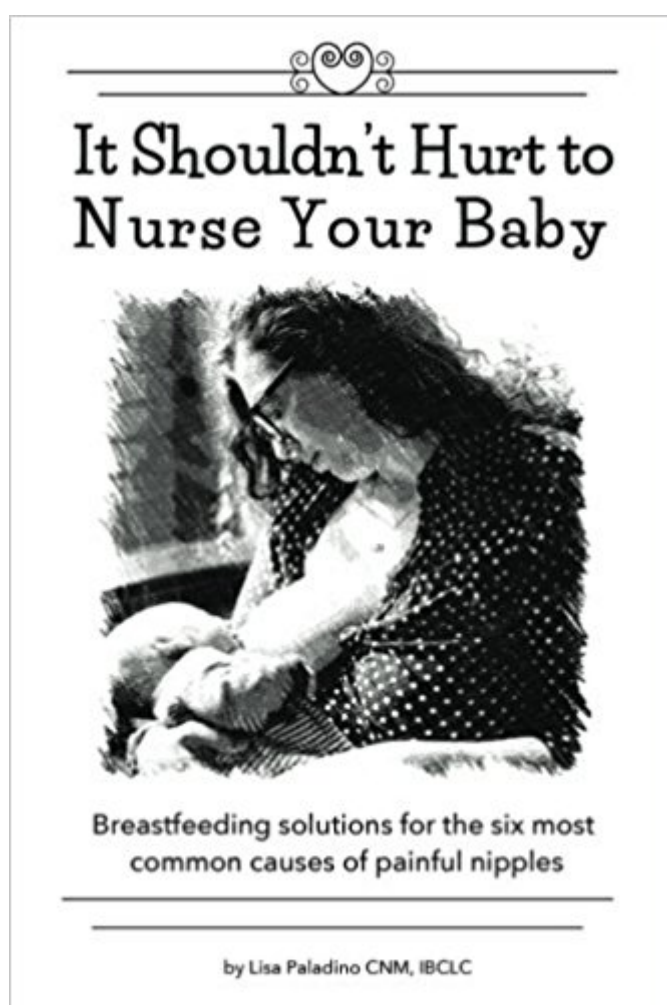


The book was found

It Shouldn't Hurt To Nurse Your Baby: Breastfeeding Solutions For The Six Most Common Causes Of Painful Nipples



Synopsis

If you or someone you love is breastfeeding or preparing to breastfeed, this easy to read book will help you to understand that lactation is a natural bodily function that should be comfortable for mother and baby. This book explores six common reasons that breastfeeding might hurt and gives easy solutions to prevent and reverse nipple pain. The six reasons discussed are: latch, tethered oral tissues (tongue tie, lip tie, buccal tie), engorgement, nipple blebs, and nipple vasospasm. Lisa Paladino CNM, IBCLC has over twenty eight years of experience assisting moms to breastfeed their babies. She has observed that nipple pain is a predominant reason that moms decide to stop feeding their infants at the breast. Women have been falsely led to believe that pain is normal and that they should stick it out without seeking help. In this book, Lisa hopes to reveal that it is not ok for a women to have intense pain and nipple trauma. Letâ™s shed some light on this issue and bring the out the truth- It doesnâ™t have to hurt to nurse your baby!

Book Information

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Customer Reviews

I had a dear friend who is nursing and was having nipple pain and this book was a godsend to her. This uniquely focused book is a comprehensive guide to this often overlooked problem that causes mothers abandoning breast feeding or needlessly suffering. Nurse Lisa Paladino lovingly explains that breast feeding is important and natural and should not hurt. She carefully and professionally explains the common causes and outlines the solutions.

How I wish I had read this book before I gave birth to my firstborn!! In this quick and easy to read book, Lisa Paladino shares her insider's expertise from over 28 years experience. I love the way Lisa guides readers to trust their innate wisdom and get to the root of the common underlying problems that can lead to nipple pain in breast feeding. Even though I did not suffer with nipple pain, Lisa's tips and practical advice on guiding principles and how to have the baby latch to you as well as how to prevent engorgement would have been invaluable to me and would have prevented so much stress and pain. I plan to give the gift of Lisa's wisdom to every soon-to-be mom I know!

What a perfect little book for new mamas! Easy to hold while breastfeeding and succinctly written - perfect for sleep deprived new mothers. Lisa Paladino, CNM, IBCLC explains that breastfeeding should not hurt, why it sometimes might and how to make it better. This book is not about putting bandaids on nursing issues but getting to the root of the problem so that mom and baby can enjoy a pain free, satisfying breastfeeding relationship.

After giving birth to my third child, I was in need of answers to my breastfeeding issues. I was experiencing pain and discomfort that I didn't have with my other two children. Searching on the internet often makes your head spin with self diagnosis and the worst case scenario. Lisa's book was extremely informative, descriptive and well laid out. Her natural remedies and suggestions were just what I needed to quickly alleviate the pain and discomfort. I am so happy I found this book and can continue breastfeeding pain free!

Great book to help new moms that are desperate to nurse. Very informative and a great reference even for people with experience breastfeeding, as there is a lot of information that is not given from your doctor. This little handbook would be a great shower gift.

Highly recommend this book to all nursing moms! I nursed my first two children until they self-weaned, and I STILL found this book to be a great resource as a refresher for when I had my third last month! It is vey well-written, an easy read and contains the most helpful information for those who are breastfeeding. I plan to give this as a gift to all new nursing moms!

This is an easy to understand, comprehensive guide for any nursing problem which may occur. I was proud to give a copy as a "welcome home" gift to a new nursing mother.

What a great book written by a knowledgeable and experienced Certified Nurse Midwife and International Board Certified Lactation Consultant! The information shared by Lisa not only educates, but empowers both new and seasoned breastfeeding moms. "It Shouldn't Hurt to Nurse Your Baby" is an easy to read and very helpful book that can really help save a lot of moms from struggling with breastfeeding and working through the pain because they believe it is "normal" to have pain. Thank you to the author, Lisa, for sharing the truth and guidance to help moms and babies.

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