



The Breastfeeding Mother's Guide to Making More Milk: Foreword by Martha Sears, RN

Diana West , Lisa Marasco

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Concerned about making enough milk for your baby? Wondering how to make more? Two lactation experts are here to help.

Separate fact from fiction with help from this comprehensive book about improving low milk supply. Written by two leading experts who have been there themselves and officially recommended by La Leche League International, *The Breastfeeding Mother's Guide to Making More Milk* incorporates the latest research and discoveries about causes of low milk supply, the way your body makes milk, and how babies contribute to your milk production. Best of all, you'll find valuable suggestions for both time-honored and innovative ways to make more milk.

Learn the facts about:

Determining if baby is really getting enough milk

Supplementing without decreasing your supply

Maximizing the amount of milk you can make

Identifying the causes of your low supply

Increasing your supply with the most effective methods, including pumping, herbs, medications, foods, and alternative therapies

Making more milk when you return to work, exclusively pump, have a premie or multiples, relactate, or induce lactation

The Breastfeeding Mother's Guide to Making More Milk: Foreword by Martha Sears, RN Details

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Diana says

After flipping through 3 breastfeeding books for help with my low milk supply, none of them had more than 3 or 4 helpful pages in them and most were along the lines of "are you really sure there's a problem or are you just doing something wrong?." One book, rather than exploring this in detail, recommended getting THIS book if you really wanted to know what was up. I am so glad I did. It presents the milk-making equation and breaks down in a simple yet analytic way how to go through your own process of elimination to address the causes of low milk supply. I like how the authors use analogies to help explain concepts yet do not skimp on technical medical information and terms. This book is empowering and even if you don't "fix" your problem and exclusively breastfeed, it builds you up and helps you rest assured to do the most with what you have (there are even sections on coping with your emotions about low milk supply and what to do for your next pregnancy).

Rachel says

A great resource for the mom desiring more milk. I'm glad I'm reading this a couple weeks before giving birth, but will definitely keep it around to use it as a reference in case any nursing problems arise after the baby is born. The intended audience is for those with specific problems as opposed to simply nursing in general, that said since nursing in general seems to have enough problems, this is a great book to at least flip through for those expecting to breastfeed.

Gina says

I finally sat down with this new release and was very impressed. I had the good fortune of attending a conference where Lisa Marasco was one of the keynote speakers, but this book is going to be an invaluable reference for my practice.

Written for the mother, it is equally useful to the lactation consultant. It's informative but accessible. It was filled with tidbits that were new to me (for example, that studies have shown chiropractic to be an effective intervention for low milk supply).

I would caution the average reader to remember that far more women have TOO much milk, rather than not enough milk, and the tools in this book (especially the preventative ones) are directed to people who concerned that their supply will be compromised for a good reason--past history, fertility complications, breast shape, etc. Your mother or grandmother's reports that she didn't make enough milk should be taken lightly, as lactation management was poor in previous generations and it's not unlikely that their problems were created by poor management.

Brandy says

I cannot recommend this book enough. I truly wish I had had this book with my first child; I can't help but think that I would have had fewer supply issues with this book on hand. I didn't have nearly the feeding/milk supply issues with my second but it was a comfort in those first few months. Excellent resource for pregnant or breastfeeding moms to have on hand!

Angela says

This is an invaluable resource both for lactation professionals and for any mother who has ever had a concern about her milk supply. The book (1) helps identify whether there is indeed a problem with supply, (2) discusses possible physical, hormonal, and psychological causes for low milk supply, and (3) offers steps to take to increase milk supply. Even after two years as a breastfeeding counselor I learned a great deal from this book. It's easy to read but packed with valuable information.

Erin says

This is a really fantastic resource for anyone dealing with concerns about milk supply, or for anyone who works with breastfeeding families.

Jasmine says

Positive motivation to continue on the journey of breastfeeding

Reading this book although not as lengthy as I thought it would be for the price paid on an e-book, was a good tool. I am the mother of an 8 years old, 2 year old and 5month old. I for the first time am a struggling milk supplier after successfully breastfeeding my first two daughters for 16 months each. This book is for the toolbox of knowledge, and defines a lot of the questions most breastfeeding mothers have. Thank you.

Ashley says

A must read for any mother concerned about her supply. It has great information about basics and what you should expect and recognizing when supplementation is needed. All breastfeeding helpers should read this book to help support moms. I have skimmed through several chapters and have recommended it several times over because I could tell that it was a quality book but this was my first time reading the whole thing.

Amy says

This was a really good book, especially considering the difficulties I had with breastfeeding. While I can't go back and change what already happened, I can be more confident about future breastfeeding endeavors.

The chapter on emotional reasons for low milk supply and the feelings associated with the entire process were particularly validating. From that standpoint, this book was healing for me.

If you had trouble breastfeeding but plan to try again with a new baby, or if you've never breastfed and want to know how to be sure you're doing the best you can, this is a good place to start!

Sara Fox says

I got this book at the recommendation of my lactation consultant and read it over a weekend. The advice is really good and I learned a lot, which is saying something because I'm a second time parent who breastfed my first kid. Granted, I didn't have breastfeeding issues with my first, so it would seem that I didn't know as much as I thought.

I used the advice on herbal remedies to increase milk supply and how to have the sitter feed my kiddo so as not to demolish my milk supply. I learned about hormonal imbalances, which it seems I may have and what to do about them.

The tone of the book is conversational and not condescending. The advice isn't outrageous and the authors recognize that it is not easy to have to pump multiple times a day and their advice comes across with compassion and is not flippant. They also acknowledge the emotions that may arise from having difficulty nursing and offer empathy as well as advice.

Andrea Paterson says

A really informative and supportive book for people struggling to breastfeed. It's very non-judgemental and has some excellent ideas and resources. It helps you make the most of what you have if you can't breastfeed exclusively and I was particularly impressed with the information on available herbal remedies.

Nicola says

I wish this book was a must read for all mothers - those who think they don't have enough milk (but actually do, they just are not feeding the baby enough) and those who don't. It's excellent particularly the last chapter - making peace with your supply. I have 4 copies - 3 out on loan at moment :)

Diana Qureshi says

Very useful book. I learned most of what was in here already but I learned a few gems (like when I have my second kid I will need a new pump, I should have been taking vitamin B12 from the start as a breastfeeding vegetarian, and calcium will help keep your supply even when you're on your period). If you think you are having milk supply issues this is definitely a book you should read.

Melanie says

An AMAZING, comprehensive guide to how your body makes milk and how to try to get it to make more. If

you haven't given birth yet and you really want to breastfeed, get this book and read chapter 5 "Getting Your Milk Supply off to a Good Start" to help head off problems so you won't need to try to make more milk!

In the midst of trying to make more milk, this book has been a fabulous guide to evaluating all the suggestions given to a new mom struggling with low supply!

And the book concludes with two fabulous chapters for after you've tried everything in the book - "Coping with Low Supply" and "What About Next Time?"

Kara says

This little book is helpful! I own it, and still find myself referring to it. There's a lot of knowledge out there that isn't shared these days concerning breastfeeding and breastmilk supply. As a working Mom, it is very difficult to keep your supply levels up, especially if you are trying for a year or more! Lots of little tidbits of helpful information, plus the low down on supplements.
