Establishing Milk Supply
(At Breast or Exclusively Pumping)
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I will be discussing breast pumps and breastfeeding supplies.
I hereby declare I have no affiliation with any of the companies being discussed. I have not received any monetary or other compensation from any of the companies. My goal is to provide factual unbiased information.

Breastfeeding – What does that mean for the mother?
A newborn baby has only three demands. They are warmth in the arms of its mother, food from her breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three. ~Grantly Dick-Read
The importance of establishing an adequate milk supply.

The importance of Skin to Skin and an early initiation of breastfeeding.

The Early Days
Prevent Engorgement

The importance of feeding often - Receptors

Interruptions – Family & friends Labor Medications
Sleepy Babies

Late Pre-Term Babies

One bottle can affect their supply and their perception

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Breastfeeding Supplies and Gadgets

Why do some women prefer pumping over putting their baby to the breast?

Is pumping easier?
Successful Pumping
What does it take?

What makes good milk production with a Breast Pump?

Breast Pumps
Differences in Breast Pumps

- Effectiveness
- Comfort
- Cycles
- Durability
- Suction
- Single/Double

Breast Pump Loan Agreements

- Single-User
- Breast Pump Release

Working and Breastfeeding
Why do women perceive their milk supply is inadequate?

Medications and Breastfeeding

Contraceptives and Breastfeeding
"If a multinational company developed a product that was a nutritionally balanced and delicious food, a wonder drug that both prevented and treated disease, cost almost nothing to produce and could be delivered in quantities controlled by the consumers' needs, the very announcement of their find would send their shares rocketing to the top of the stock market. The scientists who developed the product would win prizes and the wealth and influence of everyone involved would increase dramatically. Women have been producing such a miraculous substance, breastmilk, since the beginning of human existence..."

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References


