



Balancing Breast & Bottle: Reaching Your Breastfeeding Goals

Amy Peterson, Mindy Harmer

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Choosing to breastfeed your baby is an excellent choice. Your baby benefits in many ways and you have the peace of mind of knowing you are giving your baby a great start. There may be times, whether by necessity or choice, when you need to offer your baby a bottle or a pacifier. You will want to find a feeding and comfort method that works for you and your baby without sabotaging breastfeeding. Although many companies claim their bottles are most like breastfeeding, no bottle nipple style is right for every baby. Balancing Breast and Bottle provides you with valuable information on how to select and use the bottle nipple or pacifier that is best for your breastfed baby. Authors Amy Peterson and Mindy Harmer help mothers solve the dilemma of how to feed a breastfed baby during separation, while protecting the breastfeeding relationship and making sure every mother can reach her breastfeeding goals. The authors' combined professions of International Board Certified Lactation Consultant and Speech-Language Pathologist bring two unique and informed perspectives in selecting and using artificial nipples for a breastfed baby. Balancing Breast and Bottle helps mothers understand the basics of breastfeeding and how a baby's suck can be used to select the best bottle nipple. Tips for collecting, storing, and stockpiling milk are included, along with various pumping scenarios to ensure the baby's bottles are loaded with as much breastmilk as possible. In this book mothers will learn how to find the ideal balance between breastfeeding, pumping, and bottle-feeding for their own family. By following the tips in this book, every mother can feel confident her baby will eat when they are apart.

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