



## How to Survive Pumping: Tips to Make Expressing Breast Milk Easier on You

By Jennifer Daggett

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Exclusively Pumping? Pumping at Work? Expressing and Supplementing? This Book is for You! We all know that pumping sucks - in all senses of the words. You want to do what's best for your baby; you just wish it wasn't so darn hard. Written by a former exclusive pumping mother (who survived sixteen months, so it must work!), How to Survive Pumping: Tips to Make Expressing Breast Milk Easier on You is full of simple yet proven ideas that experienced pumpers (including the author) wish they'd known when they started out. Make Your Breast Pumping Life Easier With Tips to Help You: Save Time Feel Less Tied Down Heal Pumping Pain Live With Breastfeeding Aversion, D-MER or Sad Nipple Syndrome Deal With a Pump-Hating Baby Find Motivation and Support Get All the Information You Need on Pumping Breast Milk No matter why you are pumping, the ideas in this book will help you reach your personal pumping goal. This book assumes that you are already pumping, so it doesn't cover deciding to pump (does...



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