

SECOND EDITION

# Breastfeeding Made Simple, Second Edition

*Seven Natural Laws for Nursing Mothers*

## Breastfeeding Made Simple

SEVEN NATURAL LAWS  
for NURSING MOTHERS

NANCY MOHRBACHER, IBCLC, FILCA  
coauthor of *The Breastfeeding Answer Book*

KATHLEEN KENDALL-TACKETT, PH.D., IBCLC  
Foreword by JACK NEWMAN, MD

*Breastfeeding Made Simple* will help you to:

- Find comfortable, relaxing breastfeeding positions
- Establish ample milk production and a satisfying breastfeeding rhythm with your baby
- Overcome discomfort and mastitis
- Use a breast pump to express and store milk
- Easily transition to solid foods

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by Nancy Mohrbacher IBCLC, &  
Kathleen Kendall-Tackett Ph.D., IBCLC

Foreword by Jack Newman MD

### the definitive guide to breastfeeding your baby

Breastfeeding may be natural, but it may also be more challenging than you expect. Some mothers encounter doubts and difficulties, from struggling with the first few feedings to finding a gentle and loving way to comfortably wean from the breast.

This second edition of *Breastfeeding Made Simple* is an essential guide to breastfeeding that every new and expectant mom should own—a comprehensive resource that takes the mystery out of basic breastfeeding dynamics. Understanding the seven natural laws of breastfeeding will help you avoid and overcome challenges such as low milk production, breast refusal, weaning difficulties, and every other obstacle that can keep you from enjoying breastfeeding your baby.

### about the authors

**Nancy Mohrbacher, IBCLC**, is an international board-certified lactation consultant based in the Chicago, IL, area, who breastfed her three sons and has worked one-on-one with thousands of breastfeeding families since 1982. Her books on breastfeeding are widely used by both professionals and parents. In 2008, she was in the first group of sixteen lactation consultants whose lifetime achievements in breastfeeding were recognized with the designation Fellow of the International Lactation Consultant Association. She is a popular speaker at breastfeeding conferences for parents and professionals around the world.

**Kathleen Kendall-Tackett, Ph.D., IBCLC**, is a health psychologist and international board-certified lactation consultant based in Amarillo, TX, who breastfed her two sons and has been working with breastfeeding families since 1994. She is clinical associate professor of pediatrics at Texas Tech University School of Medicine, has authored or edited twenty books and is editor of the journal *Clinical Lactation*. She is a popular speaker at conferences for parents and professionals around the world.

Foreword writer **Jack Newman, MD**, is a pediatrician and author of *The Ultimate Breastfeeding Book of Answers*.

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