The Breastfeeding Café
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Mothers Share the Joys, Challenges, & Secrets of Nursing

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To nursing mothers everywhere and to those whose efforts were not and are not supported. And to my former nurslings, Emily Rose and Rachel Joy—my greatest teachers.
Like breastfeeding itself, this book benefited profoundly from the support, encouragement, and assistance of others. First and foremost, my heartfelt thanks go out to the incredible women who eagerly and enthusiastically shared their stories with me. Their candor and honesty are the heart and soul of this project, and I will be forever grateful. Probably the hardest task I faced was having to significantly reduce the number of stories in the book and shorten those that are included. (My contributors have my editor’s permission to blame her!) Although I regret that I was not able to include everyone’s story, each and every conversation and letter deeply informed and enriched this book.

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Contents

Sources of Information and Support xiii

Welcome to the Breastfeeding Café 1

ONE  A Legacy from the Past 5
STORIES OF DESEMPowerMENT AND DETERMINATION
Scientific Motherhood
Challenging the Status Quo
Legacies Live On

TWO  Welcome to Motherhood 24
STORIES OF INITIATION, TENACITY, AND ADJUSTMENT
The Birthing-Breastfeeding Connection
Wandering through the Wilderness
Living in Our Bodies
Special Circumstances

THREE  No Mother Is an Island 60
STORIES OF FAMILY, COMMUNITY, AND SUPPORT
It Takes a Village
A Family Affair
Bosom Buddies

FOUR  Becoming Wiser 90
STORIES OF EXPERIENCE, INSIGHT, AND DISCOVERY
The Discovery Zone
Humor and Antics
The Warrior Within
Benefits and Rewards
Memory and Connection
Contents

FIVE  A Balancing Act  124
STORIES OF READJUSTMENT, IDENTITY, AND BOUNDARIES
Finding Time, Finding Self
... And Baby Makes Four (or Five or Six . . .)
Parenting in the Dark
Permeable Boundaries

SIX  Doing It All  157
STORIES OF MOTHERHOOD AND LIVELIHOOD
Plugged In
Beyond the Pump

SEVEN  An Embodied Relationship  187
STORIES OF CONTRADICTION, SEXUALITY, AND INTIMACY
The “Official Breast”
In the Public Eye
Sexuality, Sensuality, and Intimacy

EIGHT  Finding Strength  224
STORIES OF EMPOWERMENT, RECLAMATION, AND HEALING
Empowerment
Reclaiming Ownership
Healing

NINE  Moving On and Letting Go  257
STORIES OF WEANING AND OTHER MILESTONES
Constrained Choices
My Child, Myself
Honoring a Milestone

Where Do We Go from Here?  288
Support and Information on the Web  293
References  295
Index  301
Sources of Information and Support

These organizations and references, all of which offer excellent information and/or support, can be found on the following pages:

AABA  African-American Breastfeeding Alliance  68
ABRW  The Adoptive Breastfeeding Resource Website  58
ACNM  American College of Nurse-Midwives  33
ALACE  Association of Labor Assistants and Childbirth Educators  62
Ameda by Hollister  168
BFAR  Breastfeeding after Reduction  197
CAPPA  Childbirth and Postpartum Professional Association  62
CIMS  Coalition for Improving Maternity Services  31
DONA  Doulas of North America  62
Girl-Mom  231
HMBANA  Human Milk Banking Association of North America  83
ICAN  International Cesarean Awareness Network  31
ILCA  International Lactation Consultant Association  62
LLLI  La Leche League International  63
MANA  Midwives Alliance of North America  33
March of Dimes  148
Medela  168
MOBI  Mothers Overcoming Breastfeeding Issues  65
Mocha Moms  236
NACC  National Association of Childbearing Centers  35
Pumping Moms  240
YAAPS  Yet Another Alternative Parenting Site  43