



Baby-Led Breastfeeding: Follow Your Baby's Instincts for Relaxed and Easy Nursing

Gill Rapley, Tracey Murkett

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Say goodbye to stressful schedules, painful latching, and worries over milk supply. In the same sensible and sensitive voice that has made baby-led weaning a growing sensation, authors Gill Rapley and Tracey Murkett show how easy nursing can be when you let your baby lead the way. This comprehensive, easy-to-follow guide will help you understand your baby's unique, natural pattern and develop a trusting and healthy breastfeeding relationship. With the help of personal anecdotes and color photos from real moms, Rapley and Murkett explain how to:

- Get breastfeeding up and running in the first few weeks
- Hold your baby so that he can feed effectively
- Express and store milk efficiently
- Avoid or remedy sore nipples, mastitis, and other problems
- Wean at a natural pace

Breastfeeding shouldn't be a struggle, and, if you stay in tune with your baby, it can be effortless. *Baby-Led Breastfeeding* will give you the tools to create a happy and fulfilling breastfeeding experience for you and your baby.

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