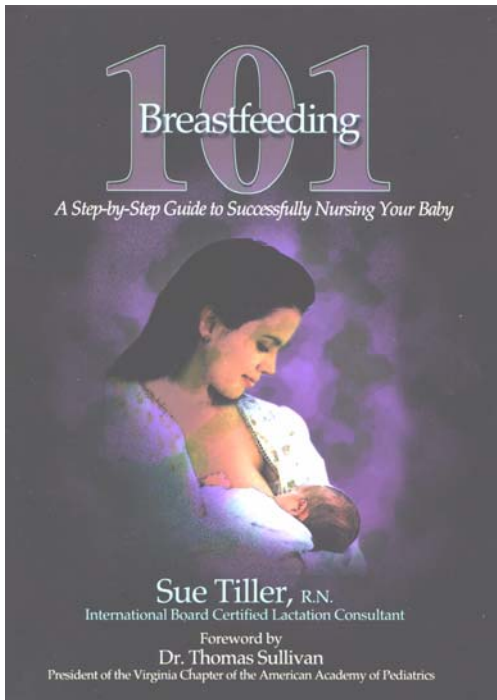




# Breastfeeding 101

A Step-by-Step Guide to Successfully Nursing Your Baby  
And: Guía Fácil de Amamantar a su Bebé

**As low as \$1.70 per book !!**



- **Detailed Illustrations** So you can see proper positioning
- **Easy to Read Step-by-Step Instructions** Large print and simple instructions that are easy to understand even at 2 am
- **Not Overwhelming** Not too lengthy, just what you need to know to get started
- **Lays Open Flat** (Spiral edition) Follow the instructions with your baby in your arms
- **Teaches HOW to Breastfeed** Detailed instructions on latch-on and getting past common hurdles
- **Feeding and Diaper Log** Is my baby getting enough to eat? Using these logs will give you confidence your baby is getting enough or tell you when you should call for help.

## Breastfeeding 101: what you need to know

- Benefits of Breastfeeding
- Getting Started: Latch-on
- How Often and How Long?
- Engorgement and Leaking
- Sore Nipples
- Jaundice
- Thrush
- Plugged Ducts and Mastitis
- Do I Need a Breast Pump?
- Pumping and Storage of Milk
- Mom's Diet
- Medications
- Baby's Feeding and Diaper Log
- Resources for Breastfeeding Mothers

## What are people saying about this book?

"A focused, accurate, no-nonsense easy to read breastfeeding primer...Breastfeeding 101 is a must for expectant mothers."

**Dr. Thomas J. Sullivan MD**

**American Academy of Pediatrics** - Virginia Chapter President

"I just finished reading your book and I LOVED IT! Everything in your book is exactly what I tell my breastfeeding Moms! I am going to do everything I can to see if my boss will let us either give the book to every new Mom who is breastfeeding or at least purchase enough so that they can buy one if they want one. This is the book I would have written for Moms if I could have. I loved your breastfeeding/output log...Congrats on an awesome book!!!  
Roxanne Harris, RN, BSN, IBCLC, Augusta Medical Center, Fishersville, Virginia

"Breastfeeding 101 was like having a live-in lactation consultant..." - Jennifer Roberts, Dallas, Texas

"Breastfeeding 101 provided step-by-step information and made it easy for me to succeed and enjoy breastfeeding right from the start." - Linda Ogeka, Manorville, New York

"Easy to read and provides detailed information without being overwhelming." - Lisa Winkler, Fairfax, Virginia

For more information visit [www.breastfeeding101.com](http://www.breastfeeding101.com)

*Breastfeeding 101* is written by a lactation expert who knows what a new mother needs at 3:00 a.m. when she is just home from the hospital, the baby is crying and nursing isn't going well, she has received conflicting information and the other reference books are too long.

Tiller's easy to read guide offers clear, understandable, diagrams to illustrate instructions on how to make breastfeeding become the satisfying experience that it should be. From her 25+ years of assisting new moms, Tiller, a registered nurse, provides the information new mothers (and those supporting them) need to know. She builds confidence through details, pictures, answers, and proof that the baby is getting enough to eat with worksheets to track the baby's progress.

**Authored by Sue Tiller, R.N., I.B.C.L.C.**



Sue Tiller is a registered nurse and an International Board Certified Lactation Consultant. She has been assisting breastfeeding moms for twenty-five+ years. Tiller has been a speaker at several breastfeeding conferences, has been regional representative to the board of directors of the International Lactation Consultant Association (ILCA) and the co-vice president of the Lactation Consultant Association of Greater Washington. Tiller has a successful private practice in Northern Virginia.

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