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Boobin' All Day Boobin' All Night: A Gentle Approach To Sleep For Breastfeeding Families

Meg Nagle

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Boobin' All Day Boobin' All Night: A Gentle Approach To Sleep For Breastfeeding Families Meg Nagle
Part memoir, part sharing of women's stories, part research, part boobin'... "It feels so right to breastfeed my baby to sleep but everyone tells me not to." "My baby will not stay asleep when I put her down. What can I do?" "My breastfed toddler continues to wake at night. Is this normal?" Our instincts are there, but for many of us, instincts are confusing and hard to trust at first. You want some more sleep and everyone seems to be telling you different things and offering contradicting advice. This book is not a guide that gives you step by step instructions for getting your baby to sleep longer, because every baby is an individual, and every baby wakes for important reasons. This book will help you learn how to trust your own instincts and follow the lead of your breastfed child... while offering different suggestions on how to get more sleep without having your baby cry, protest, or self-settle. In this boobin' book, Meg includes... Why breastfed children wake frequently and why it is so important to answer their cries. How to get more sleep and feel more rested without doing cry-it-out or sleep training techniques. The results from her survey on night waking in breastfed children and the percentage of women who continue to wake to breastfeed. How to combine routines or rituals with breastfeeding on demand. Why it is not a bad habit to breastfeed your little one to sleep. How to find your inner marsupial and have a happier, more content baby. What to do when you are feeling overwhelmed and exhausted. Safe co-sleeping and bed-sharing guidelines, along with different sleeping arrangements you can try for your family. What to do when your breastfed child hates to sleep! The secrets to getting your baby to take longer naps...without being attached to the boob. Gentle night weaning tips and suggestions. What gut health has to do with breastfeeding and night-waking. ...and more. Most babies just want a cuddle and a boob. This book is for those looking for gentle suggestions, an understanding of what is normal in breastfed babies and toddlers, and what to do when everyone says your way of mothering through breastfeeding (especially at night) is not best... when you know in your heart that it is.

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