

## Mamas Milk Is All Gone

This baby is not comforted by a teddy bear or toy. This baby wants only one thing: milk! When baby is hungry, neither his teddy bear nor even his shiny tambourine will soothe him. This tribute to the nursing baby - and even more so, to the breastfeeding mother - is unconventional to babies and toddlers but as taboo-busting to parents. Celebrate the natural magic of growing a baby with this beautifully and expertly illustrated, and shockingly honest shaped board book. Perfect for nursing babies, older siblings, and expectant parents. A favorite baby shower gift!

Bouncing back fast after having a baby is absolutely possible for anyone! Affectionately known as The FAB Mom on-air and on TV, Jill Simonian uses her trusted and entertaining expertise to set expecting and new moms on a distinctive, no-frills journey to "have the bump" and bounce back fast after having a baby. Jill's frank tricks, somewhat against-the-grain tips, and laugh-out-loud tips from famous names provide first-time moms a unique roadmap for managing and conquering the lifestyle challenges a newborn of FAB Mom's Guide offers a motivational style and practical solutions to inform, inspire, and empower even the most uncertain new mom. From hanging an oversized mirror in your kitchen to opting out of nursing to spending entire days wearing only your underwear, Jill Simonian can help a new mother get organized, have fun, and feel in-control, happy, and reinvented within six months of having a baby. Encouraging women to tune out the drama and arming them with useful talk and tools to minimize exhaustion and maximize joy, she uncovers and reshapes the status quo for how FAB (an acronym for: Focused After Babies) a new mom's sense of self and life. From the author of Expecting Better and The Family Firm, an economist's guide to the early years of parenting. "Both refreshing and reassuring. With so many parenting theories driving us all a bit batty, this is the type of book that we need to help calm things down." - NPR "This is jam-packed with information, but it's also a delightful read because Oster is such a good writer." —NPR With Expecting Better, bestselling economist Emily Oster spotted a need in the pregnancy market for advice that gave women the information they needed to make the best decision for their own pregnancies. By digging into the data, Oster found that much of the conventional pregnancy wisdom was wrong. In Cribsheet, she now tackles an even greater challenge: decision-making in the early years of parenting. As any new parent knows, the abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. From the early days of pregnancy to get the message that they must make certain choices around feeding, sleep, and schedule or all will be lost. There's a rule—do everything. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your choices? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths around breastfeeding (not a panacea), sleep training (not so bad!), potty training (wait until they're ready or possibly bribe with M&Ms), language acquisition (talkers aren't necessarily geniuses), and many other topics. She also shows parents how to think through freighted questions like how to go back to work, how to think about toddler discipline, and how to have a relationship and parent at the same time. Economist Oster's guide to decision-making, and Cribsheet is a thinking parent's guide to the chaos and frequent misinformation of the early years. Emily Oster is a trained expert—and mom of two—who can empower us to make better, less fraught decisions—and stay sane in the years to come.

When did making babies get to be so hard? Infertility is on the rise globally, affecting as many as one in six couples. But instead of diet and lifestyle factors, doctors pump their patients full of expensive and invasive fertility treatments. Once pregnant, women carrying a baby will be the gassy, swollen, irritable, sleepless nightmare that has become the new normal—and then assume that motherhood will be just as challenging, from breastfeeding woes to screaming fits. It doesn't have to be that way. In *The Kin*, Silverstone has created a comprehensive and practical guide empowering women to take charge of their fertility, pregnancy, and life with baby. Drawing on her own experience, as well as that of obstetricians, midwives, nutritionists, holistic health counselors, Silverstone offers advice on getting one's "baby house" in order through nutrient-rocking foods that heal and nourish, and, on gentle ways to boost comfort, energy, and health during each trimester. She helps readers navigate everything from prenatal care plans to successful breastfeeding and creating a supportive "baby nest." The result is an authoritative, one-stop guide that empowers women to trust their instincts during this vital milestone, while helping them embark on a healthy and more vibrant path to motherhood.

Genesis Begins Again

Mama's Milk Is All Gone

Mama Feeds Me All the Colors

A Weaning Book for Toddlers. Creating Magic, Wonder and Ritual for a More Joyful Experience for All

Mommy Feeds Baby

Everything you need to feed your baby with confidence

Llama Llama Daddy's Day

**A Time to Wean is a picture book for babies and toddlers who are weaning from nursing. Follow favorite animals as they grow, discover new things, and nurse less. All with the comfort and reassurance that love and hugs from mama never change. "When little piglet is first born, mama pig nurses him snug and warm. As piglet grows he nurses less, and discovers new things he likes best. Corn to munch, muddy fun, hugs from mama when day is done." And so it goes that even our favorite animals have a time to wean. Beautiful illustrations help make this a treasured book long after weaning, and a welcome book for moms in the process of weaning their little ones.**

**THE INSTANT NEW YORK TIMES BESTSELLER** An addictive psychological thriller about a group of women whose lives become unexpectedly connected when one of their newborns goes missing. A night out. A few hours of fun. That's all it was meant to be. They call themselves the May Mothers—a group of new moms whose babies were born in the same month. Twice a week, they get together in Brooklyn's Prospect Park for some much-needed adult time. When the women go out for drinks at the hip neighborhood bar, they want a fun break from their daily routine. But on this hot Fourth of July night, something goes terrifyingly wrong: one of the babies is taken from his crib. Winnie, a single mom, was reluctant to leave six-week-old Midas with a babysitter, but her fellow May Mothers insisted everything would be fine. Now he is missing. What follows is

**a heart-pounding race to find Midas, during which secrets are exposed, marriages are tested, and friendships are destroyed. Thirteen days. An unexpected twist. The Perfect Mother is a "true page turner." —B.A. Paris, author of Behind Closed Doors**

**A bright and colorful children's book that supports breastfeeding.**

**This heartfelt, deeply personal memoir explores how a celebrated filmmaker and activist and his conservative Mormon mother built bridges across today's great divides--and how our stories hold the power to heal. Dustin Lance Black wrote the Oscar-winning screenplay for Milk and helped overturn California's anti-gay marriage Proposition 8, but as an LGBTQ activist he has unlikely origins--a conservative Mormon household outside San Antonio, Texas. His mother, Anne, was raised in rural Louisiana and contracted polio when she was two years old. She endured brutal surgeries, as well as braces and crutches for life, and was told that she would never have children or a family. Willfully defying expectations, she found salvation in an unlikely faith, raised three rough-and-rowdy boys, and escaped the abuse and violence of two questionably devised Mormon marriages before finding love and an improbable career in the U.S. civil service. By the time Lance came out to his mother at age twenty-one, he was a blue-state young man studying the arts instead of going on his Mormon mission. She derided his sexuality as a sinful choice and was terrified for his future. It may seem like theirs was a house destined to be divided, and at times it was. This story shines light on what it took to remain a family despite such division--a journey that stretched from the steps of the U.S. Supreme Court to the woodsheds of East Texas. In the end, the rifts that have split a nation couldn't end this relationship that defined and inspired their remarkable lives. Mama's Boy is their story. It's a story of the noble quest for a plane higher than politics--a story of family, foundations, turmoil, tragedy, elation, and love. It is a story needed now more than ever.**

**A Journal for Nursing Mothers**

**Measuring Mamma's Milk**

**Cribsheet**

**That's Not My Momma's Milk!**

**The Perfect Mother**

**Hale's Medications & Mothers' Milk™ 2021**

**Mama Who Drinks Milk Like Me: Mama & Me Coloring Book**

Mama's Milk Is All Gone Paddleboatpress

Baby is hungry. What can she eat? Red strawberries, a yellow banana, a green avocado, or an orange peach? Not quite yet. But she will taste these wonderful fruits and vegetables every day when Mom feeds her with her milk. This board book celebrates the magic of breastfeeding while presenting babies with other delicious natural foods and introducing them by color. On one page baby will learn all about red foods, and on the next they will discover delicious green foods, all culminating in learning about the most important food of all! With simple text and

beautiful illustrations, *Mama Feeds Me All the Colors: A Book of Breastfeeding* is an appreciation of breastfeeding mothers everywhere and an important step in normalizing such a vital tradition. A great resource for nursing babies and expectant parents, the book includes two pages of basic information about breastfeeding in the back.

A wonderful story with illustrations about why Mommy breast feeds her Baby.

Now in its 17th Edition, *Medications and Mothers' Milk*, is the worldwide best selling drug reference on the use of medications in breastfeeding mothers. This book provides you with the most current, complete, and easy-to-read information on thousands of medications in breastfeeding mothers. This massive update has numerous new drugs, diseases, vaccines, and syndromes. It also contains new tables, and changes to hundreds of existing drugs. Written by a world-renown clinical pharmacologist, Dr. Thomas Hale, and Clinical Pharmacy Specialist Dr. Hilary Rowe, this drug reference provides the most comprehensive review of the data available regarding the transfer of various medications into human milk. This new and expanded reference has data on 1,115 drugs, vaccines, and herbals, with many other drugs and substances included in the appendices. New to this Edition: Many new drugs, vaccines, herbals, and chemicals. Major updates to existing drug monographs. New tables to compare and contrast the suitability of psychiatric medications. New table to compare and contrast pain medications. Updated table and new monograph on hormonal contraception. If you work with breastfeeding mothers, this book is an essential tool to use in your practice.

*Llama Llama Misses Mama*

*A Time to Wean*

Finding happiness, confidence and your style in motherhood

*What Does Baby Want?*

*The Return of the Dangling Red Earrings*

*An Incomplete Compendium of Mostly Interesting Things*

*A Guide to Inspire, Inform, Nourish and Nurture You and Your Baby's Journey to Food*

***What could toddlers be thinking and feeling as they wean from breastfeeding? Depending on age and development, some might not be able to express what they think and feel with words. In My Milk Will Go, Our Love Will Grow, we hear a toddler's questions and feelings during an honest conversation between mother and child. This heartwarming book uses rhyme, short sentences, and beautiful illustrations to convey a message of love and reassurance as the child learns that mother will still nurture and meet both physical and emotional needs when breastfeeding ends. This book will be a special keepsake for both mothers and children, showing the beauty of the nursing relationship. Weaning can be difficult with or without a children's book about weaning. However, the stress of weaning can be lessened when mothers have a resource to help toddlers acknowledge and understand this significant transition. The book was written to help mothers talk to toddlers about weaning. It can be helpful during the weaning process, and it can help newly weaned toddlers and toddlers with a new nursing sibling. All mothers who have breastfed a baby may want to have this book to represent the beautiful nurturing they offered their children. My Milk Will Go, Our Love Will Grow was written in rhyme, making it a unique***

***weaning book. It can be used as a helpful tool to assist toddlers, and, as a special keepsake for mothers and their children. It has 38 pages, each with illustrations by Sheila Fein. Toddlers will be drawn to the colorful, realistic illustrations of mother and child. The book also includes a page of tips to help parents use the book in a variety of ways to support toddlers.***

***From the duo behind the massively successful and award-winning podcast Stuff You Should Know comes an unexpected look at things you thought you knew. Josh Clark and Chuck Bryant started the podcast Stuff You Should Know back in 2008 because they were curious—curious about the world around them, curious about what they might have missed in their formal educations, and curious to dig deeper on stuff they thought they understood. As it turns out, they aren't the only curious ones. They've since amassed a rabid fan base, making Stuff You Should Know one of the most popular podcasts in the world. Armed with their inquisitive natures and a passion for sharing, they uncover the weird, fascinating, delightful, or unexpected elements of a wide variety of topics. The pair have now taken their near-boundless "whys" and "hows" from your earbuds to the pages of a book for the first time—featuring a completely new array of subjects that they've long wondered about and wanted to explore. Each chapter is further embellished with snappy visual material to allow for rabbit-hole tangents and digressions—including charts, illustrations, sidebars, and footnotes. Follow along as the two dig into the underlying stories of everything from the origin of Murphy beds, to the history of facial hair, to the psychology of being lost. Have you ever wondered about the world around you, and wished to see the magic in everyday things? Come get curious with Stuff You Should Know. With Josh and Chuck as your guide, there's something interesting about everything (...except maybe jackhammers).***

***Go Milk Yourself is an ode to the power inside each of us. What began as a journey to breastfeed her children became a new life's purpose for Francie Webb - help others to discover their own power through the hand expression of breast milk. This book is for lactating parents and anyone who supports them. This book is also for any human who could use a reminder that YOU ARE ENOUGH. Here you can learn the unique techniques of the Go Milk Yourself Method, read Francie's incredible journey from grieving teenager to viral bed birther, and find inspiration to jump-start your own new, all-the-more-badass life.***

***Mama of ten Abbie Halberstadt helps women humbly and gracefully rise to the high calling of motherhood without settling for mediocrity or losing their minds in the process. Motherhood is a challenge. Unfortunately, our worldly culture offers moms little in the way of real help. Mamas only connect to celebrate surviving another day and to share in their misery rather than rejoice in what God has done and to build each other up in hard times. There has to be a better way, a biblical way, for mamas to grow and thrive. As a daughter of Christ, you have been called to be more than an average mama. Attaining excellence doesn't have to be unsettling but it will take committed focus and a desire to parent well according to God's grace and for His glory. M is for Mama offers advice, encouragement, and scripturally sound strategies seasoned with a little bit of humor to help you embrace the challenge of biblical motherhood and raise your children with love and wisdom. Mama, you are worthy of the awesome responsibility God has given you. Now it's time to start believing you can live up to it.***

**The Fab Mom's Guide**  
**Mama's Milk / Mamá Me Alimenta**  
**African American Edition**  
**Mama's Milk and Me**  
**The Kind Mama**

### **Go Milk Yourself**

Mama's milk has always been a part of Jack's life, but that's changing now that he's a toddler, and that's hard. But Mama's cuddling arms, lullaby voice, and thump-thump heartbeat won't change, even when the milk is gone. The end of breastfeeding can be a deeply emotional transition for a mother and child: a major source of comfort for a child is going away, as is a big component of a woman's identity as a mother. This book addresses the psychological aspects of weaning, focusing on the mother-child relationship and additional ways a mother provides comfort. This book is for toddlers and moms who are getting ready to start weaning, or are already in the process of weaning from breastfeeding. "Loving Comfort is about the life of a nursing relationship for a mother and her son. With beautiful illustrations and wisdom from a mother who has been there, Loving Comfort is as much for mothers as it is for children who are learning about weaning." - Jessica Barton, MA, International Board Certified Lactation Consultant

Who is momma's milk meant for? Her baby of course! This simple but striking board book for young children introduces different animals nursing their young, and shows the unmistakable bond that all mommas have with their babies. Clear, repeating language and beautiful illustrations help to teach children about compassion and understanding for all living beings.

How often does my baby really need to feed? How do I know my baby is getting enough? Is it normal for my baby to wake at night? When you're expecting a new baby, suddenly everyone around you becomes an expert - particularly when it comes to how to feed them. It is easy to become overwhelmed by conflicting advice, myths and exaggerated stories. The Positive Breastfeeding Book cuts through the anecdotes, giving you clear, no-judgement, non-preachy, evidence-based information to help you make the right decisions for you and your baby. It will... help you understand how breastfeeding works give you tips for planning for your baby's arrival help you cope with those early months support you to make sure that whilst you're looking after the baby,

you're getting taken care of too point you to how to seek help if challenges come up guide you through feeding in public, going back to work, and even rediscovering a glass of wine You'll find plenty of real stories and guidance throughout from mothers and experts in supporting breastfeeding. There are handy chapters on formula and mixed feeding, which cut through advertising spiel and give you the facts you need to choose and use formula safely. The Positive Breastfeeding Book doesn't promise to make it easy, nor will it get up in the middle of the night for you, but it will empower you with the knowledge and encouragement you need to feed your baby with confidence.

Celebrate Father's Day with Llama Llama and Nelly Gnu in this 8x8 based on an episode of the animated Llama Llama Netflix series. Look out, world--Llama Llama is a TV star! The beloved character, made famous by Anna Dewdney's best-selling picture books, is the star of his own original series, now airing on Netflix. In this episode-based 8x8, Llama Llama helps Nelly Gnu make the perfect Father's Day gift for Daddy Gnu! Your little llamas will love relating to their favorite picture book character as he faces new and challenging situations.

A Data-Driven Guide to Better, More Relaxed Parenting, from Birth to Preschool

You Have Power. Express It!

My Milk Will Go, Our Love Will Grow

Booby Moon

Loving Comfort

Milkies in the Morning

A Book of Breastfeeding

**An account designed to be read to children who are about to be weaned discusses the closeness between nursing mother and baby, and the many ways in which a child who no longer nurses can be close to family members, and offers advice to parents.**

**Mama's Milk Is All Gone is an illustrated book for parents and babies/toddlers/children to read together. The book recognizes the breastfeeding relationship that the child shared with their mother and how after weaning they have many different ways that they fill their physical and emotional needs in place of breastfeeding. It is meant to help ease the emotional transition that occurs alongside the physical transition.**

**A baby drinks juice, plays in the park, reads, and gets put to bed by her two loving mothers. On board pages.**

**Written by a world-renowned expert in perinatal pharmacology, this essential reference contains current, complete, and evidence-based information on the transmission of maternal drugs into human milk. Because so many women ingest**

**medications while breastfeeding, one of the most common questions encountered in pediatrics is: Which drugs are safe and which are hazardous for the infant? This 2021 edition has been extensively revised, and now includes 50 completely new and 356 updated medications, and state-of-the-art coverage of multiple diseases, vaccines, and syndromes. It addresses the use of radiopharmaceuticals, chemotherapeutic agents, and vaccines in breastfeeding mothers, and covers adult concerns, methods of reducing risk to infants, and infant monitoring. New to the 2021 Edition: 50 New Drugs Added 356 Drugs Updated with new data 817 Drug References Updated An updated 7x10 trim size and streamlined design for ease of use in patient education The latest information on the impact of prescription medications, over-the-counter drugs, herbs, and street drugs Key Features: Evidence-based, current information on over 1300 drugs, diseases, vaccines, and syndromes Dr. Hale's renowned "Lactation Risk Categories" incorporate recent updates Key points and savvy tips about breastfeeding and medications for quick reference Common abbreviations and drugs listed in alphabetical order Adult concerns, adult dose, pediatric concerns, infant monitoring, and alternatives Succinct information on evaluation of the infant**

**A Simple Guide to Supercharged Fertility, a Radiant Pregnancy, a Sweeter Birth, and a Healthier, More Beautiful Beginning**

**Adventures in Tandem Nursing**

**Not So Mumsy**

**A Story from Our Americas**

**A Novel**

**Ready to Wean**

**My Mama's Milk**

*Strengthen the Mother-Baby Bond During and After Breastfeeding Perfect gift. An interactive guide, tool and special picture book keepsake that prepares your child and you for the end of nursing. Weaning is a special and emotional transition--get the help you need. If you're a breastfeeding mom, you know on an emotional level that the bond between mother and child is strengthened when breastfeeding. Due to both breast milk itself and the tangible contact of nursing, the connection is also strengthened on a scientific and physical level. This, among other advantages of breastfeeding, is part of what makes weaning so difficult, both for children and mothers. Knowing when to stop breastfeeding, and how to do it in a way that honors and preserves your relationship with your child, can make the process easier and smoother. In Mama's Milk and Me, author and mother Alisha Gaddis provides a loving and interactive guide for taking this inevitable step. Celebrate this new chapter in your life. While weaning comes with*



its challenges, it also opens the door to experience new and exciting milestones with your child. Just as your child will continue to grow and develop, so too will your relationship. Part of what makes this book a wonderful gift for new moms and mamas with experience is that it doubles as a keepsake. With a fill-in-the-blank format, mothers are provided a space to reflect and work through the emotional process of weaning. In addition, the book includes prompts for ideas on how to celebrate this step with your child. Learn more about: The importance of breastfeeding and the bond between you and your child How to sustain the connection even after breastfeeding stops The exciting changes and developments that await you after weaning If you enjoyed books like *The Womanly Art of Breastfeeding*, *Breastfeeding Made Simple*, *Ina May's Guide to Breastfeeding*, or *Latch*, then you'll want to own *Mama's Milk and Me* by Emmy Award Winning actor, author, and mother, Alisha Gaddis.

*Booby Moon* is a beautifully illustrated rhyming storybook specifically designed to emotionally support both mother and child for weaning from breastfeeding. Weaning doesn't have to be all tears, tantrums and heart ache. It can be an exciting, heartwarming, and beautiful experience to treasure. A chance to celebrate a milestone reached, honour the journey thus far and acknowledge this special time for both mother and child. Most weaning storybooks introduce the concept that breastfeeding will be ending soon. *Booby Moon* does that, but so much more. It gives toddlers: A magical story they connect with. A celebration to look forward to. Evidence of Booby Milk leaving. A beautiful ritual to help them say goodbye. In the same way that the Tooth Fairy makes children happy about their teeth falling out, looking forward to seeing Booby-milk-magic fly away to Booby Moon can give the same wondrous joy to a weaning toddler. Our experience using *Booby Moon* for weaning our boob-mad 2-year-old was incredible. After we said goodbye to Booby Milk, he simply accepted that it was gone. He still asked for it occasionally but whenever he did we reminded him of how we had let it go and there were no complaints, no pleading, no tears. Instead, excitement and joy would rush to his little face and he would say, "Yeah, I let go! And Booby went shhhhheewww up to the moon!" *Booby Moon* is special because it has a magical element that appeals to the child and also sets up a beautiful ritual to complete the breastfeeding journey. Studies show the practice of ritual during times of loss alleviates grief, makes us feel closer to our families and helps us to say goodbye. The ritual aspect of the *Booby Moon* process helps mother and toddler find an easeful acceptance for Booby Milk going away - with the child seeing the magic leave with their own eyes. The story also brings comfort

post weaning, offering reassurance that the relationship continues; you can still wave up to Booby Moon and Mumma will still be here to offer love, cuddles and comfort. Look up to the moon, isn't it amazing? Doesn't it seem magical already? Half the work is done for us right there. Book also includes a gentle-parenting user guide that covers: how to wean using Booby Moon, night weaning prior, breaking the fed-to-sleep habit and various options for a meaningful goodbye ritual. The concept was created in 2020 by a breastfeeding mother who was ready to wean but could not find a children's book on the market that offered her toddler an upside to their impending loss. Using the 'Booby Moon' story was such an easy and beautiful experience that it needs to be shared with parents around the world. Suitable age range: 12months - 6 years. Note: Book features an illustration of a mother cuddling her toddler to sleep instead of nursing them at night (bed-sharing).

Illustrations and rhyming text portray baby mammals nursing.

"Reminiscent of Toni Morrison's *The Bluest Eye*." –The New York Times "One of the best books I have ever read...will live in the hearts of readers for the rest of their lives." –Colby Sharp, founder of Nerdy Book Club

"An emotional, painful, yet still hopeful adolescent journey...one that needed telling." –Kirkus Reviews (starred review) "I really loved this." –Sharon M.

Draper, author of the New York Times bestseller *Out of My Mind* This deeply sensitive and "compelling" (BCCB) debut novel tells the story of a thirteen-year-old who must overcome internalized racism and a verbally abusive family to finally learn to love herself. There are ninety-six reasons why thirteen-year-old Genesis dislikes herself. She knows the exact number because she keeps a list: -Because her family is always being put out of their house. -Because her dad has a gambling problem. And maybe a drinking problem too. -Because Genesis knows this is all her fault. -Because she wasn't born looking like Mama. -Because she is too black. Genesis is determined to fix her family, and she's willing to try anything to do so...even if it means harming herself in the process. But when Genesis starts to find a thing or two she actually likes about herself, she discovers that changing her own attitude is the first step in helping change others.

*Mama, Who Drinks Milk Like Me?* (Softcover/Paperback Edition)

*Medications and Mothers' Milk* 2017

*I'm Made of Mama's Milk*

*Best Milk*

*Mommy, Mama, and Me*

*Fascism and the Medicalization of Maternity in Italy*

*How to Get Over the Bump & Bounce Back Fast After Baby*

*Best Milk is a children's book that helps explain breastfeeding for older siblings featuring an African American family. The delightful story is told from the toddlers perspective.*

*Information and recipes for starting solids for baby, in the most nourishing and supportive way.*

*Shows how fascist biological politics continue to govern the flow of mother's milk in Italy today*

*'Not So Mumsy encapsulates motherhood's new mood; edgy, powerful, honest and strong.' - Marie Claire Magazine*

*Yes, you are a mum, but you're still you! For mamas everywhere, this is your Mother's Group in a book. Parenting is hard, but it's also beautiful. For women who have embraced motherhood but also yearn to retain a sense of self and style, Not So Mumsy has been a pioneering site driving the Modern Mama movement. Bridging the gap between pre-mama life and the whole new world of leaky boobs and pureed banana, Marcia Leone (aka Not So Mumsy) has always shared her journey with honesty and humour, providing a warm and inclusive support network for like-minded women. With powerfully uplifting perspectives from inspirational mamas across the world, including Jaime King, Teresa Palmer, Megan Gale and Tammin Sursok, Not So Mumsy will help you navigate pregnancy, your first year and beyond with style, humour and confidence.*

*WOMANLY ART OF BREASTFEEDING THE.*

*A Manual of Lactational Pharmacology*

*Mama's Boy*

*A Book for Weaning*

*The Wonders of Mother's Milk*

*Stuff You Should Know*

*The Positive Breastfeeding Book*

Finally, the 2nd edition of a much-needed book! There is no doubt about it-when breastfeeding and pregnancy overlap, the questions abound. This book is still the only comprehensive resource on this topic. Hilary Flower gives complete and in-depth answers to a wide range of questions related to breastfeeding during pregnancy and tandem nursing. Drawn from a great reservoir of mother wisdom, this book pools the stories of over 300 mothers from around the world. Extensive reviews of medical research and discussions with experts in the fields of nutrition, obstetrics, and anthropology have

provided the author with a thorough understanding of this important topic. Each person's experience will be a one-of-a-kind adventure, full of surprises and choices. Adventures in Tandem Nursing provides an essential source of support, humor, and information for the journey. The 2nd edition has the latest research on safety and nutrition, many more mothers' stories and quotes, checklists to keep you on track, chapter summaries, online resources, and all new photos and illustrations. You will also find four additional chapters: high risk pregnancy, the nursling's needs, closely spaced babies, and "triandem" nursing.

Colorful and diverse images enhance this introduction to breastfeeding.

"Mama, Who Drinks Milk Like Me?" has now become a coloring book! The best part is that it's not just for your child, it's for you, too! Each spread has an adult coloring page image next to the children's coloring page image. So get out some crayons (for the little one) and copic markers (for you!) and color your way to some relaxing moments together.---A coloring book for "mama and me," it's 2 coloring books in 1! This includes pages for adults to color, paired with pages appropriate for children's coloring level.---This adult and child coloring book is based on "Mama, Who Drinks Milk Like Me?" a brightly colored children's book that affirms breastfeeding. It contains 9 different mammals: including bats, whales, pandas and hedgehogs.---This is printed with economy black and white printing to keep the cost down- if you would like the standard printing quality, please visit my website.---44 pages altogether including: Title page, 18 mama/baby mammal pairs pages (9 adult coloring pages, 9 children's coloring pages), 2 human mama/baby pair breastfeeding pages (1 adult coloring page and 1 children's coloring page), 2 human mama/baby pair reading (1 adult coloring page and 1 children's coloring page), 21 blank pages (in between each pair of mammals is a pair of blank pages so that when you color the mammals it doesn't bleed through onto another image).---There are two additional images to color: Front cover page, Back cover page (back cover page is a bonus panda children's coloring page).---Please see the preview on my website if this is unclear!"

My Mama's Milk highlights the mother and child breastfeeding relationship and explores how each mammal makes milk specifically for their babies.

M Is for Mama

Breastfeeding During Pregnancy and Beyond

Mama's Milk

## Milk to Meals

### A Toddler Weaning Story

### A Rebellion Against Mediocre Motherhood

*Milkies In The Morning* presents a gentle story of one toddler's night weaning journey. Designed to help ease the transition of night weaning, *Milkies In The Morning* is a beautiful book to empower mothers and support their nurslings in transition.

In simple rhyming verse, a blissful and contented nursling describes her love for nursing, how breast feeding benefits her, and when, where and how she nurses her mother. Colorful and dreamy soft-focus images realistically depict the joyful and sensual bond between the mother and child as well as the support and adoration of the father.

Strange new teacher. Strange new toys. Lots of kids and lots of noise! What would Llama like to do? Llama Llama feels so new . . . It's Llama Llama's first day of preschool! And Llama Llama's mama makes sure he's ready. They meet the teachers. See the other children. Look at all the books and games. But then it's time for Mama to leave. And suddenly Llama Llama isn't so excited anymore. Will Mama Llama come back? Of course she will. But before she does, the other children show Llama Llama how much fun school can be! *Activities for Llama Llama Misses Mama* by Anna Dewdney [Watch a Video](#)