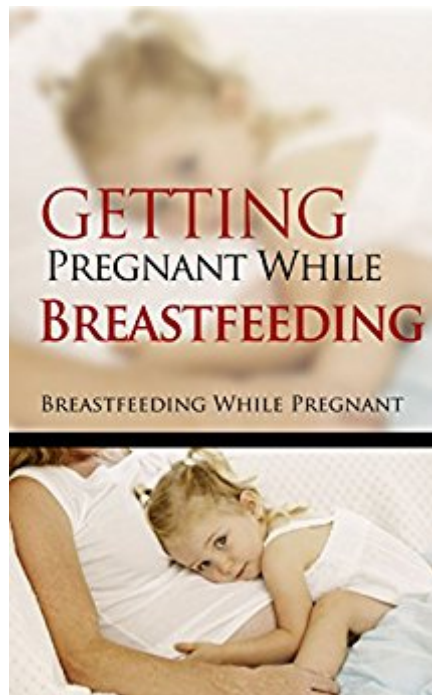




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Getting Pregnant While Breastfeeding: Breastfeeding While Pregnant



Synopsis

Getting Pregnant While Breastfeeding - Breastfeeding While Pregnant Here is a book preview: They said it couldn't happen, getting pregnant while breastfeeding, but "they" were wrong. Here you are nursing a baby and growing another. You're not ready to stop nursing, and neither is Junior, but you want what is best for the new bundle of love growing inside you. Carefully consider the following before hurriedly weaning. If I'm nursing, how can I be pregnant? While nursing is a natural method for spacing children, it is not foolproof birth control. Mothers who experience the longest period of infertility after childbirth are those who nurse on demand (no less than once every four hours during the day and once every six hours at night), introduce solids late (not replacing more than 5-10% of the baby's overall intake), and often co-sleep to increase feedings. This maintains a constant flow of the nursing hormones that suppress ovulation and decrease your chances of becoming pregnant. Is it safe to nurse while pregnant? Absolutely! As long as you have no health problems, there is no reason to wean. When is it not safe to nurse during pregnancy? If your obstetrician tells you to avoid all pelvic activity or nipple stimulation, then you should wean. The oxytocin released from nursing, while small enough to not affect a normal pregnancy, is a factor for women at high risk for pre-term labor. And you can BUY this book, if you want more! In this book, you can find out: a breastfeeding mothers guide, breastfeeding 101, breastfeeding 3/4 sleeve, breastfeeding accessories, breastfeeding alcohol test strips, breastfeeding and human lactation, breastfeeding apron, breastfeeding arm pillow, breastfeeding bags, breastfeeding book, breastfeeding books for first time moms, breastfeeding bottles, breastfeeding bra, breastfeeding clothes, breastfeeding cookies, breastfeeding cover, breastfeeding cover ups, breastfeeding cream, breastfeeding decal, breastfeeding disposable pads, breastfeeding dress, breastfeeding dresses for summer, breastfeeding dresses women, breastfeeding education, breastfeeding electric pump, breastfeeding electrical pump, breastfeeding engorgement, breastfeeding essentials, breastfeeding food, breastfeeding foot stool, breastfeeding footstool, breastfeeding for men, breastfeeding freezer storage organizer, breastfeeding gel pads, breastfeeding gel soothies, breastfeeding gift set, breastfeeding gifts, breastfeeding gown, breastfeeding hand pump, breastfeeding hands free bra, breastfeeding harness, breastfeeding heating pad, breastfeeding hoodie, breastfeeding ice packs, breastfeeding ideas, breastfeeding in progress sign, breastfeeding infinity scarf, breastfeeding items, breastfeeding jewelry, breastfeeding jewelry kit, breastfeeding jewelry, breastfeeding journal, breastfeeding jumper, breastfeeding kiinde, breastfeeding kit, breastfeeding kit for men, breastfeeding kit for mom, breastfeeding kit medela, breastfeeding lanolin, breastfeeding light, breastfeeding log, breastfeeding lotion, breastfeeding made simple, breastfeeding made simple seven natural laws

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