

Introduction to the Second Edition

It's hard to believe that almost ten years have passed since publishing the first edition of *Exclusively Pumping Breast Milk*. Over those years, many things have changed and many have stayed the same.

The option of exclusively pumping as an alternative to formula feeding has made small but steady gains in terms of recognition and acceptance, yet at the same time many women are still unaware of this opportunity to provide breast milk for their babies when breastfeeding doesn't work out or isn't desired. I still receive far too many emails in which women lament that they thought they were the only ones exclusively expressing breast milk for their little ones. My earnest hope is that exclusively pumping will become accepted in the medical and lactation communities for what it is—an alternative to formula feeding—and that expectant mothers will be informed of the option during prenatal and breastfeeding classes. Far too often it is seen as competing with breastfeeding, and while some women will choose to exclusively pump instead of breastfeed, the vast majority of exclusively pumping mothers are women who wanted to breastfeed but were faced with challenges they had difficulty overcoming. When we have accurate information and meaningful breastfeeding support for every new mother,

and a society that accepts and supports breastfeeding not just as a token but in meaningful ways, then fewer women will exclusively pump. But until then this is an option that needs to be supported and shared.

Sharing has become easier over the past ten years as the internet has grown and become the go-to source of information for many new moms. What would we do without it? As a tool, it is providing women the opportunity to research information about pumping and lactation, resulting in more well-informed mothers. However, the internet also leaves new mothers open and vulnerable to a plethora of inaccurate information, and so now, more than ever, it is necessary to find information that is from a reliable and trusted source—not always easy to do. As a communication device, the internet provides a valuable connection between women, offering support and camaraderie where it was once difficult to find. No longer do women need to go it alone. Regardless of your situation, you will find others who understand and have first-hand experience with what you are going through. You will find information and support online and do not ever need to feel isolated when exclusively pumping.

While there has been some research conducted over the past few years relating to expressing breast milk, most is, unfortunately, still not directly relating to long-term exclusive breast milk expression. Instead, research tends to be focused on the use of breast pumps to initiate milk production in moms of premature infants or is funded by pump companies attempting to prove the efficacy of their own pumps. Some of this information is still relevant to exclusively pumping mothers, but it is my hope that before the third edition of this book is released we will see an acknowledgement of the number of women who are exclusively pumping—and specific research on the topic. Having said that, this new edition does provide a significant increase in

the number of sources cited, with endnotes provided for both sources and additional information.

On a personal note, the past ten years have brought a number of changes. My second child was born in 2006 and although I was worried that I might again experience breastfeeding difficulties, these fears proved unfounded. My daughter breastfed for just over three years, and while I had a lot to do in order to work through the emotional baggage I brought with me from my first experience exclusively pumping for my son, I also gained a great deal of wisdom from the experience. Most importantly, I began to clearly understand the emotional aspects of breastfeeding—and not breastfeeding—and to recognize how breastfeeding affects not only our children but also us as mothers. Noting a void in current breastfeeding literature, I set out to write a book on the topic and to support mothers who have had past breastfeeding challenges move into their next breastfeeding experience with a sense of empowerment and knowledge. *Breastfeeding, Take Two: Successful Breastfeeding the Second Time Around* is the result of my experience with my daughter, but was initially born through my experience exclusively pumping for my son.

This revised edition of *Exclusively Pumping Breast Milk* draws on my experiences pumping for my son and breastfeeding my daughter. Since the first edition was published I've accumulated another ten years of research, completed a course in breastfeeding support, had the pleasure of communicating with hundreds of exclusively pumping women, and perhaps even gained a bit more of the wisdom that comes with age. All these elements come together to create a more complete resource for pumping mothers.

It has been a genuine pleasure over the past ten years to support other women who are exclusively pumping and to share both my knowledge and experience. These women truly are

heroes. They are inspirational and show the true meaning of love and dedication as they selflessly give of themselves to provide “expressed love” for their babies.

The book covers a lot of ground and ideally you’ll want to read it from the beginning to the end. But if you’re in a rush to get started, you may consider beginning with “Exclusively Pumping 101”, “Pumps and Kits, Oh My!”, and “Feeding Baby”. These chapters will provide you with the basics. If you have a baby in the NICU, you’ll want to ensure you read “Pumping and the NICU”, in addition to the other three chapters, if you want quick access to information that will get you started. The book’s index is also a handy way to help locate information or to find answers to specific questions you might have.

As you begin reading the book, I hope one thing is made clear: long-term exclusive pumping is possible. You will not be alone on your journey. I’ll be here, as will many other women around the world who are, along with you, providing “expressed love” for their babies.

I would love to hear from you! If you’d like to share your successes—or need some emotional support—feel free to get in touch. You can connect with me through the book’s Facebook page at www.facebook.com/exclusivelypumping or the book’s website at www.exclusivelypumping.com.

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