



Exclusively Pumping Breast Milk

A Guide to Providing Expressed Breast Milk for Your Baby

By Stephanie Casemore

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An alternative to formula exists! When breastfeeding doesn't work out, situations such as a premature or an ill baby delay breastfeeding, or a mother chooses not to breastfeed, exclusively pumping breast milk—using a breast pump to initiate and maintain lactation—is a viable option and can be done on a long-term basis.

Exclusively Pumping Breast Milk offers moms the knowledge, advice, and support necessary to initiate and maintain their milk supply with a breast pump. This second edition of the first—and most comprehensive—book about exclusively pumping offers well-researched information, and plenty of tips and tricks, to help mothers on their journey. In addition to the basics of exclusively pumping, the second edition includes information on lactation and breast milk composition, increasing and decreasing supply, overcoming common challenges, pumps and accessories, storing expressed milk, weaning, the emotions often faced as a result of breastfeeding loss and exclusively pumping, and also a chapter specifically for mothers with babies in the NICU. Exclusively pumping breast milk is possible and this book will provide the accurate information and support necessary for mothers to provide their baby with “expressed love”.



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