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Tips For Discreet Breastfeeding In Public

By Carrie Lauth

If you're a new Mom who is nursing your baby you may be nervous about doing so in public.

Or perhaps you are disturbed by media reports of women who are harassed for breastfeeding in public and are considering pumping your milk to give your baby when you leave home.

Here are some tips for discreet breastfeeding that have worked for many Moms. Hopefully they will help you feel more comfortable nursing in public so you can avoid the inconvenience of pumping and preparing bottles.

1) Before you have your baby, attend a La Leche League or other breastfeeding support group meeting.

Unfortunately in our Society that gives lip service to the benefits of breastfeeding, it is still rare to see Moms nursing in public, and so most of us grow up having our own babies never having seen another woman nurse.

Going to an LLL meeting and seeing how other Moms nurse their babies discreetly and confidently can boost your own confidence. They can also share with you tips that will make nursing in public easier for you.

2) Invest in a baby sling.

These are wonderful for making life with a baby easier all around, but one thing they're great for is discreet breastfeeding. I can't count the times someone approached me in a store and commented on my baby having no idea that s/he was latched on and nursing! The fabric of the sling can be adjusted to come up over the baby's head (yet most babies don't mind this like they do a blanket), or you can use the extra fabric on the "tail" to cover baby.

3) After your baby is born, practice nursing in front of a mirror or a friend to perfect your technique.

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Once you and baby are getting to be old pros at the latch on, you can most likely do so in just a couple of seconds.

4) Nurse at the first signs of hunger.

A nursing baby generally draws less attention than a screaming one! So latch your baby on as soon as you notice that s/he is hungry...rooting, sucking on fist, grimacing face, etc. A crying baby also makes you nervous and you and baby may take longer to get latched on comfortably.

5) Try turning your body away while you latch on.

If you're sitting at a table in a restaurant, simply turn your body away from the table briefly while you latch baby on, then resume your normal position.

6) Try nursing clothes.

These are designed to cover your belly for more discreet breastfeeding. Or simply wear a thin top under a cardigan or other shirt. You can also make your own nursing top by cutting slits in a tank and wearing it under another shirt.

7) Bring a book or large purse to set in your lap to camouflage.

Your diaper bag would also work. Set it in front of baby on your knees while you latch baby on. Or hold a book so that your baby's head and your breast are out of view.

And lastly...

8) Be confident!

You are doing something that is best for you and baby and that women all over the world for thousands of years have done. Be proud of yourself and give passersby a warm smile. You'd be surprised how often people will smile back or even approach with a commendation or anecdote about their own children.

Enjoy nursing your baby!

Carrie Lauth publishes a newsletter for Moms doing things the natural way. Get your free copy at

<http://www.natural-moms.com>

Breastfeeding Your Child

By Angel Estrella

Tips For Discreet Breastfeeding In Public

Breastfeeding refers to the process by which a mother feeds her infant with milk directly from her breasts. Assuming the mother does not have certain illnesses, breast milk is widely believed to be the most beneficial for feeding young infants. It is even said that breastfeeding can strengthen the bond between mother and child. Still, some mothers choose not to participate in breastfeeding their infants and opt for store bought formula instead.

There are a number of benefits, which result from breastfeeding for infants. Among them, immediate milk that does not have to be heated as it is already at body temperature. In addition, some experts believe that breastfeeding decreases the risk of certain ailments, while increasing the healthy development of teeth and gums.

Along with the infant, there are positive results that stem from breastfeeding for the mother. Among them, a nurturing feeling toward her infant, a quicker return to the mom's pre-birth weight and may help to prevent certain illnesses later on in life.

Often, the infant may refuse breastfeeding at first for a variety of reasons. Normally, these can be determined and corrected with proper instruction from a physician. These may be occurrences that go away by themselves or it may be an indication of an infant that has certain medical conditions that prevent them from feeding properly.

Mothers who have certain medical conditions or are taking certain medications should not participate in breastfeeding her infant. The reason is because either the illness or the medication itself may be transmitted to the infant during this time, which can be very harmful to him/her. For this reason, the mother must inform her doctor about any medications or ailments that she currently has prior to beginning to breastfeed her child.

Many new mothers do not realize it, but breastfeeding may cause soreness and even bruising. This is not unnatural, but can be a sign of improper positioning. These instances will usually clear themselves up, but should be checked by a physician just to be safe.

This article is to be used for informational purposes only. The information contained herein is not intended to be used in place of, or in conjunction with, professional medical advice or recommendations for or against breastfeeding. Before deciding to breastfeed their child, the new mother must consult a licensed medical doctor in order to determine the best course of action for his/her individual situation and the safe feeding of her child.

Want to learn more about breastfeeding? Make sure you visit our site at:

<http://www.gentlygently.com>

for access to additional breastfeeding tips and information.



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