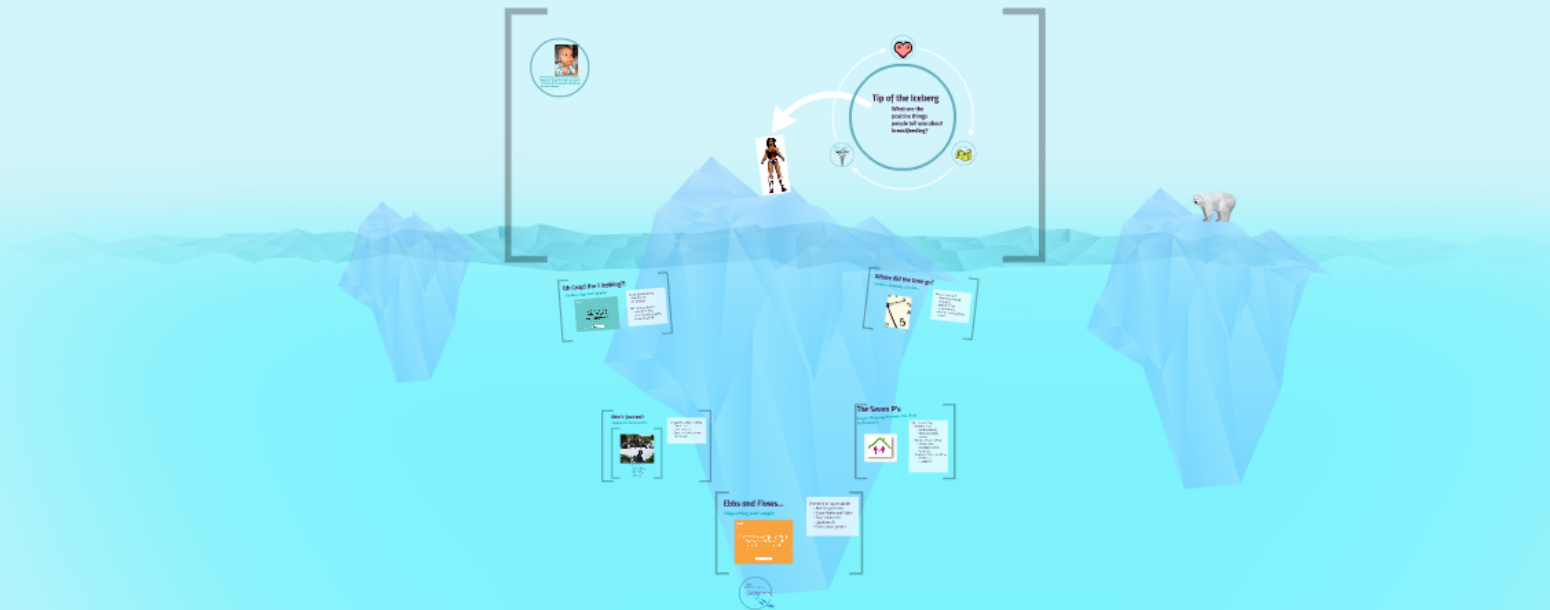
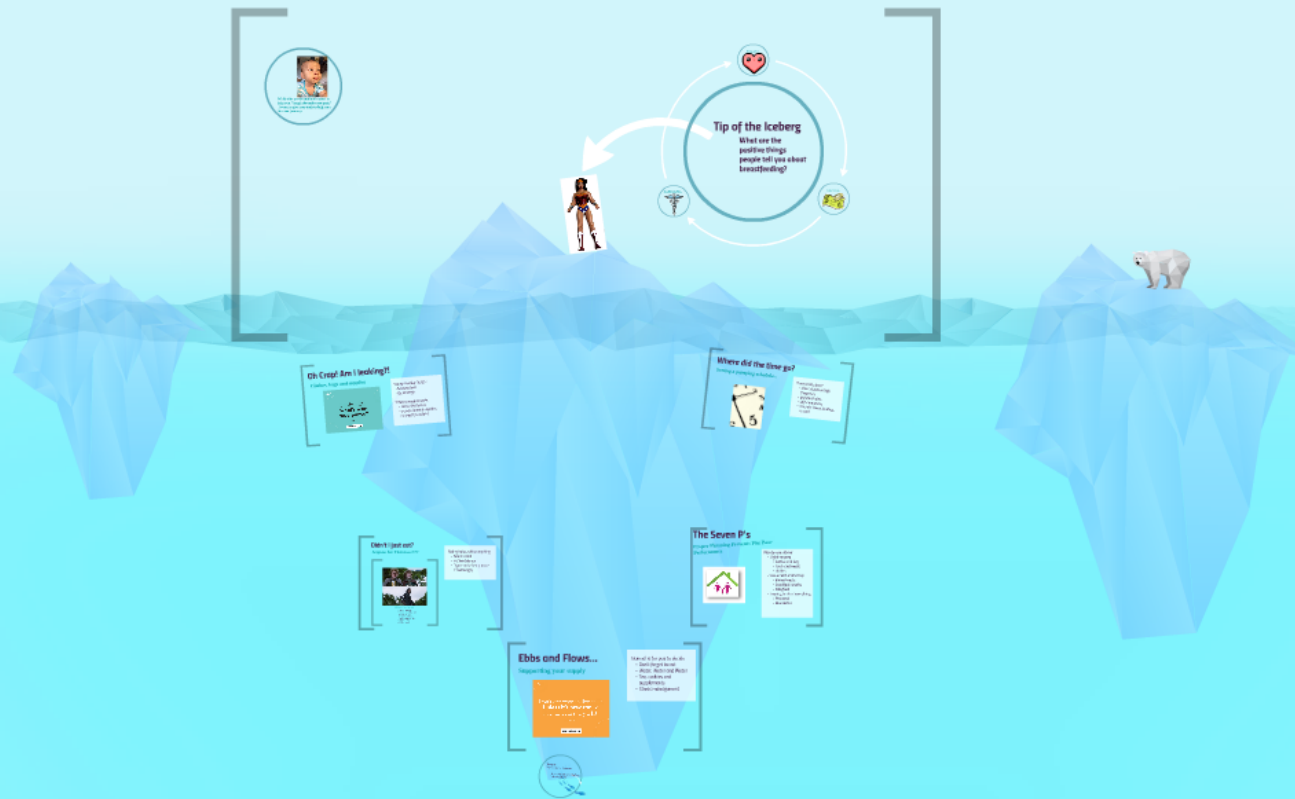


The Breastfeeding Illusion



Navigating the icebergs no one tells you about

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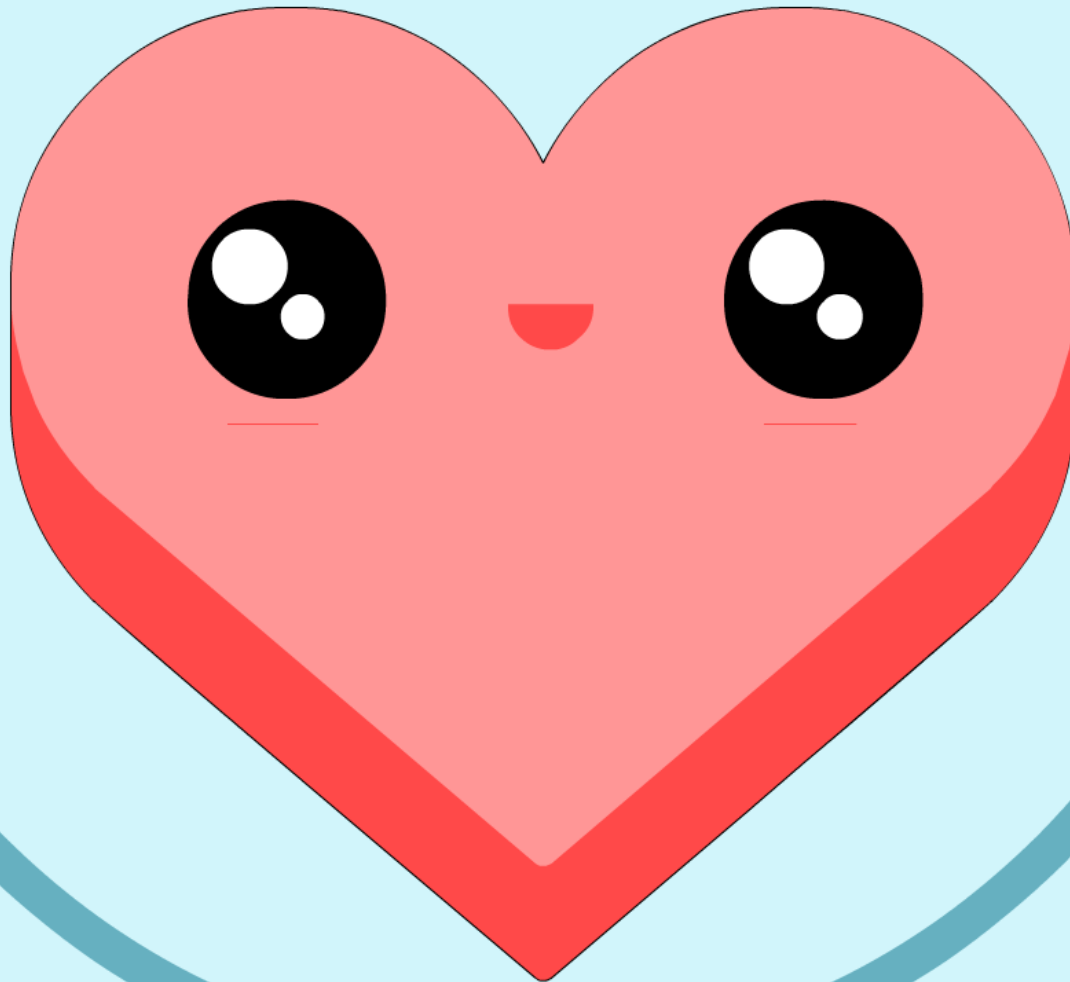
While this presentation is meant to help you "laugh through your pain" I want to give you tools to help you in your journey.

Tip of the Iceberg

What are the
positive things
people tell you about
breastfeeding?



It's beautiful...



Saves money...

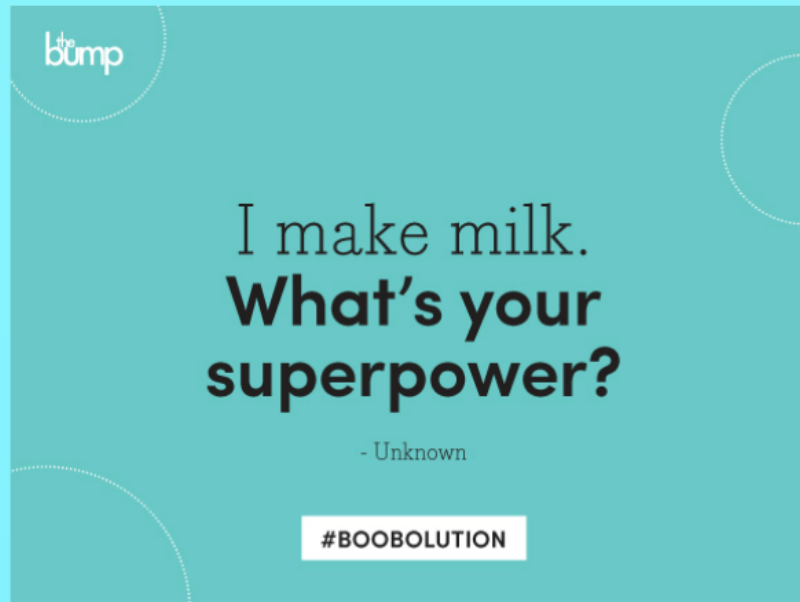


Health benefits...



Oh Crap! Am I leaking?!

Clothes, bags and supplies



Pump-friendly Outfits:

- Nursing bras
- Be strategic

What to keep at work:

- extra shirt/dress
- pump cleaning supplies
- pump (if possible)

Where did the time go?

Setting a pumping schedule...



What works best?

- short duration/high frequency
- pictures/video
- self-awareness
- consider home feedings as well

Didn't I just eat?

Anyone for Elevenses???



A Hobbits Eating Schedule

7:00am – Breakfast
9:00am – Second Breakfast
11:00am – Elevenses
1:00pm – Luncheon
4:00pm – Afternoon Tea
6:00pm – Dinner
8:00pm – Supper

Eating helps with everything

- Snack stash
- nutrient dense
- figure out when you are most hungry



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The Seven P's

Proper Planning Prevents Piss Poor Performance



Plan for everything

- Nighttime prep
 - bottles and bag
 - lunch and meals
 - clothes
- Weekend/Sunday Prep
 - dinner/meals
 - breakfast/snacks
 - babyfood
- Keeping track of everything
 - Pinterest
 - Wunderlist

Ebbs and Flows...

Supporting your supply

the bump

Don't cry over spilled milk.
Unless it's breastmilk,
in which case, cry a lot.

- Unknown

#BOOBOLUTION

Normal is for you to decide

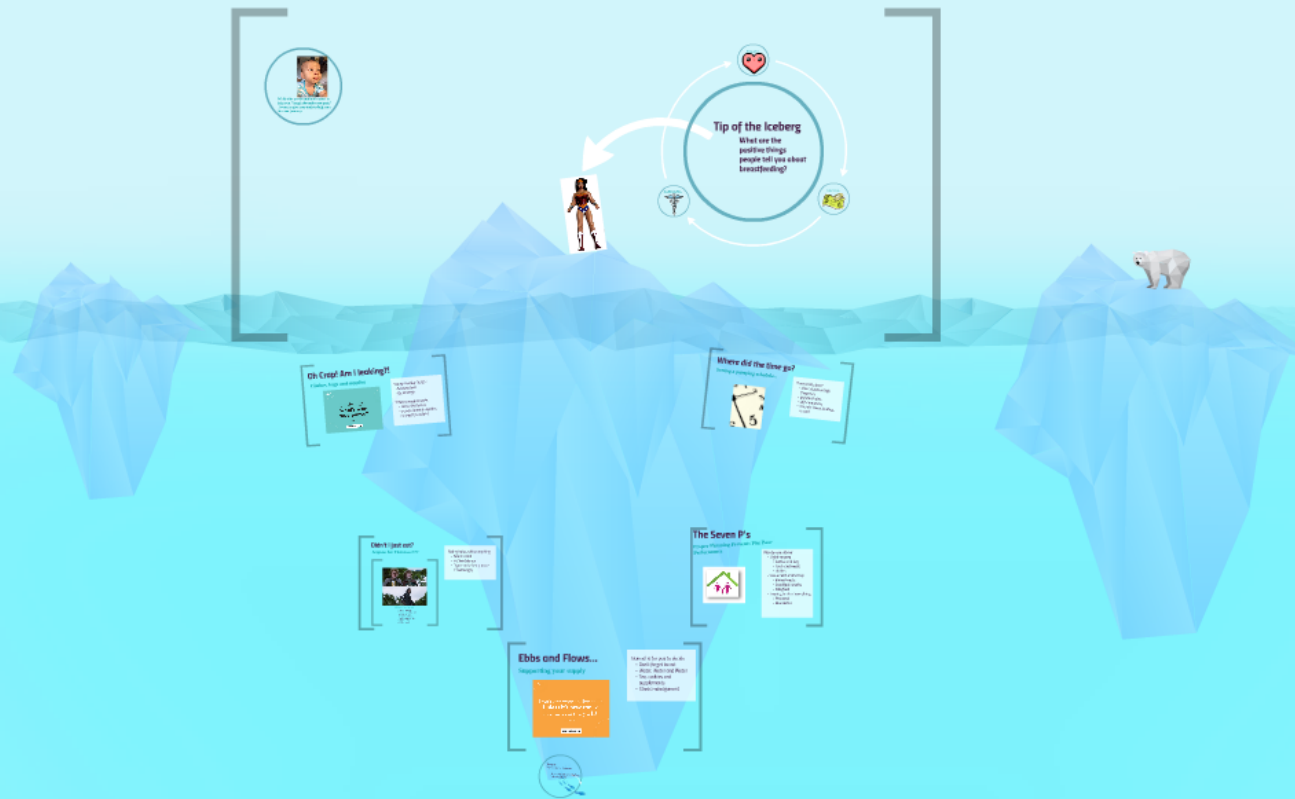
- Don't forget to eat
- Water, Water and Water
- Tea, cookies and supplements
- Stress management

Thrush !?

But it sounds so harmless...

Just be prepared for something
to throw you off

The Breastfeeding Illusion



Navigating the icebergs no one tells you about