

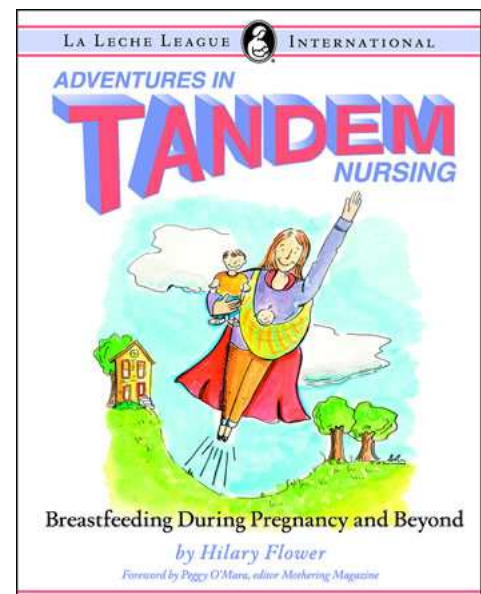
Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond, By Hilary Flower

PRESS KIT

When reviewing this book, please mention the companion Web site, where your readers/audience can find more information (Table of Contents, a sample chapter, reviews, ordering information, etc.). www.nursingtwo.com

CONTENTS

BACKGROUND INFORMATION	2
What is Tandem Nursing?	
Who Needs this Book?	
A Must-Have Book	
What the Book Covers	
About the Companion Web Site	
TABLE OF CONTENTS	3
ABOUT THE AUTHOR	4
BOOK DETAILS	4
REVIEWS	5
NEWS RELEASE	6
SAMPLE BOOK REVIEWS	7



- If you need a **review copy**, please contact Michaelene Gerstner at 847-519-7730 x235 or AEditor@llei.org

Background Information

WHAT IS TANDEM NURSING?

Tandem nursing is nursing two children of different ages. This can happen when a mother becomes pregnant with a new baby (or adopts one) while a previous child is still breastfeeding.

WHO NEEDS THIS BOOK?

This book is for all breastfeeding mothers considering having another child. In one study 61% of breastfeeding mothers had become pregnant while breastfeeding and 38% tandem nursed. This book also offers obstetricians, lactation consultants, and family members very important information and insight.

A MUST-HAVE BOOK

This is the first full-length book on the topic. Here you will find a warmly supportive text informed by the author's correspondence with over 200 mothers. You will also find the cutting edge answers to such questions as the safety of breastfeeding during pregnancy. The reader-friendly text is full of mothers' quotes and the hilarious cartoons of Beth Hannon. Forward by Peggy O'Mara, editor and publisher of Mothering Magazine.

WHAT THIS BOOK COVERS

The first portion of the book addresses the mother's often tumultuous experience, including:

- Deciding whether to continue nursing
- Rest and self-care
- Discomforts while breastfeeding
- Changes in the milk
- The mother's transformation into a mother of another
- Dealing with criticism about your breastfeeding
- Parenting in tandem
- Finding workable positions during pregnancy and when nursing two
- Tandem nursing by adoption
- Changes in the breastfeeding pattern: self-weaning and mothers setting limits
- The child's transformation into a big sibling

Next the book delves deep into research to providing answers to questions about

- Health and safety of breastfeeding during pregnancy
- Nutrition: how to make sure you are eating enough

These themes come to life in the final section, as ten mothers tell their personal stories.

ABOUT THE COMPANION WEB SITE

There's a Web site associated with this book, at www.nursingtwo.com. The site contains a full Table of Contents, a sample chapter, many excerpts, reviewers' comments, autographed copies of the book, related articles by the author, resource materials, a multi-layered FAQ on the topic of breastfeeding during pregnancy and tandem nursing, and much more!

ADVENTURES IN TANDEM NURSING—Table of Contents

PART ONE: THE ADVENTURE BEGINS

CHAPTER 1 PREGNANT PAUSE: TO NURSE OR NOT?

Weighing the Needs on Both Sides of the Breast
What's the "Natural" Thing to Do?
How Will I Ever Make a Decision?

CHAPTER 2 REST AND SELF-CARE

Self-Care
Daytime Rest
Restful Nights

CHAPTER 3 DISCOMFORTS WHILE BREASTFEEDING

Sore Breasts during Pregnancy
Breastfeeding Agitation
Sexual Arousal
When Breastfeeding Triggers Nausea
Working around the Discomforts
Sore Breasts after the Baby is Born

CHAPTER 4 PREGNANT MILK AND MILK FOR TWO

What Will Happen to My Milk During Pregnancy?
The Four Seasons of the Breast
Breasts Changing Size: Autumn, Spring, or Both?
Milk Enough for Two

CHAPTER 5 TANDEM MAMA: BECOMING THE MOTHER OF ANOTHER

Pregnant Preparations
Preparing Yourself for Tandem Nursing
Labor and Birth, Tandem Style
Taking in Your Tandem Duo
Stretching to Meet the Needs
Riding Tandem into the Sunset
Look Out for Cranky Mama!

CHAPTER 6 DEALING WITH DOUBTERS

Facing Disapproval



Seeking Out Those Who Respect Your Choices
Finding Your Voice

CHAPTER 7 PARENTING IN TANDEM AND FLYING SOLO

Getting Through the Day
Facing Disagreements
Be Clear about Your Needs
Relationship Issues
Adjusting Expectations

CHAPTER 8 POSITIONS, EVERYONE!

The Case of the Disappearing Lap: Nursing Positions for Pregnant Mamas
The Ins and Outs of Nursing Two Together
The Ups and Downs of Nursing Each One Separately

CHAPTER 9 ADOPTING A SECOND NURSLING

The Bond of Breastfeeding Milk for the New Baby
Is Mature Milk What My Baby Needs?
Will I Be Able to Breastfeed Exclusively?
What If My Baby Doesn't Want to Nurse Right Away?
Continuing to Breastfeed Your Experienced Nursling
For More Insight and Support

CHAPTER 10 CHANGES IN BREASTFEEDING

Ready to Wean?
What If a Weaned Child Asks to Try Again?
Mothers May Initiate Changes In Breastfeeding
Cutting Back with Empathy
Weaning Happens

CHAPTER 11 BECOMING A BIG BROTHER OR SISTER

Pre-Tandem Nursing: Changes Begin during Pregnancy
A Shifting Relationship with Mama
A Budding Relationship between Nursling

PART TWO: HEALTH AND NUTRITION

CHAPTER 12 HEALTH CONCERNS

The Mother's Health
The Nursling's Health
The Health of the Fetus/Newborn
Going Forward
Pregnancy Complications
Trust Yourself

CHAPTER 13 EATING FOR THREE

Natural Safeguards
First, Let's Talk Quantity
Next, the Quality Question
Letting the Scale Guide You
Water Intake

PART THREE: MOTHERS' STORIES

CHAPTER 14 MOTHERS' STORIES

My Path to Nursing Three
Weaning, Un-Weaning, and Re-Weaning—All In One Year
Tandem Nursing By Adoption
Weaning during Pregnancy—Twice
Weaning Dilemma during Pregnancy
Making Tandem Nursing Manageable
Nursing My Buddy, Nicky
Those Intense Tandem Nursing Days
The Circle Widens
A Day in the Life of a Tandem Nursing Mother

Index
Photo Credits
About La Leche League

About the Author



Hilary Dervin Flower lives in Florida with her partner Ben and their two children Nora Jade (5) and Miles (2). She holds a B.A. in English from the University of Virginia and an M.A. in Geological Sciences from the University of California, Santa Barbara. Tandem nursing her children provided the passion and curiosity that fueled her pursuit of this subject. *Adventures in Tandem Nursing* is her first book. Her essays have appeared in many magazines, including *Mothering Magazine*, *Hip Mama*, *Midwifery Today*, and *International Doula*.

Author speaking engagements

Speaking engagements: Hilary Flower is available for speaking engagements with travel expenses. Recently, she has spoken at the La Leche League International in San Francisco in July 2003 on the safety of breastfeeding during pregnancy. A dynamic and experienced speaker, before becoming an author Flower was the training and outreach for a women's center and won the top teaching award for graduate teaching assistants at the University of California Santa Barbara. Contact her at hflower@tampabay.rr.com

Book Details

Title:	Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond
Author:	Hilary Flower
Publisher:	La Leche League International
Contact information:	Hilary Flower at hflower@tampabay.rr.com
Specifications:	7.25" x 9.25", 327 pages, detailed index, paperback
Price:	\$14.95
ISBN:	0-912500-97-2
Availability:	The book is available <i>now</i> through the following channels—
Phone Orders:	1-847-519-9585; ask for product number 1379-12.
Fax Orders:	1-847-519-0035; ask for product number 1379-12.
Online Orders:	http://www.nursingtwo.com http://www.lalecheleague.org/catalog.html
Publisher's Contact Info	La Leche League International, Inc, 1400 North Meacham Road, Schaumburg, Illinois, 60173-4840. Phone 847-519-7730. Email Aeditor@lilli.org

When reviewing this book, please mention the associated Web site, www.nursingtwo.com

Reviews

"For parents who decide that weaning can wait, a sometimes inevitable result is a new pregnancy while the toddler is still nursing. This new step in the adventure of parenting brings a new set of questions and challenges, and Flower's book provides an invaluable resource."

Norma Jane Bumgarner
author, *Mothering Your Nursing Toddler*

"Every page of Hilary Flower's book delights me! It's full of helpful information and personal support, both essential to breastfeeding success. And with tandem nursing, you need a double dose of both!"

Peggy O'Mara
Publisher and Editor, *Mothering Magazine*

"*Adventures In Tandem Nursing: Breastfeeding During Pregnancy And Beyond* by Hilary Flower is a comprehensive, definitive, 'reader friendly' instructional resource offering everything expectant mothers need to know about breastfeeding, including its pros and cons, dealing with discomforts, dealing with disapproval, adopting a second nursling, proper nutrition while breastfeeding, illustrative mothers' stories, and more. A solid, exhaustive, balanced, and readily accessible resource, *Adventures In Tandem Nursing* is very highly recommended reading -- especially to new and soon-to-be parents considering breastfeeding, as well as those who are presently breastfeeding older infants and toddlers."

Midwest Book Review
[*Internet Bookwatch* Volume 13, Number 9](#)
September 2003

"It has been a pleasure to have the opportunity to read this authoritative account on breastfeeding during pregnancy. Hilary Flower has provided a detailed explanation that is easily accessible to the lay person, as to why the normal pregnant uterus only responds weakly to the action of oxytocin hormone until the very end of pregnancy. I feel sure that this book will provide women with confidence and reassurance to believe that 'breast is best' for their baby."

Lesley Regan, PhD, MD
Head of the Recurrent Miscarriage Clinic at St. Mary's Hospital in London,
the largest miscarriage referral unit in Europe,
and author of *Miscarriage: What every woman should know*

Contact: Hilary Flower hilary@nursingtwo.com**“ADVENTURES IN TANDEM NURSING: BREASTFEEDING DURING PREGNANCY AND BEYOND” BY HILARY FLOWER****—An Important New Breastfeeding Resource—**

Schaumburg, IL—La Leche League International has announced the publication of a book that provides cutting-edge information on breastfeeding during pregnancy and beyond. Written by Hilary flower, *Adventures in Tandem Nursing: Breastfeeding During Pregnancy And Beyond* (\$14.95, ISBN 0-912500-97-2) provides large helpings of both scientific information and mother’s wisdom on this important topic. The forward by Peggy O’Mara, editor and publisher of Mothering Magazine, testifies to the importance of this new book.

As many as 61% of breastfeeding mothers continue breastfeeding during a subsequent pregnancy, and 38% go on to nurse newborn and toddler together (known as “tandem nursing”).

When breastfeeding overlaps with pregnancy many questions arise. Can a mother produce enough milk for two children? Is breastfeeding safe during pregnancy? How can weaning be accomplished without causing jealousy? How do you arrange a toddler and a newborn at the breast? How can a mother eat for three? What is the most “natural” choice based on traditional cultures and our biology?

With the information in *Adventures in Tandem Nursing*, readers will be able to understand what is happening to them and make the best choices for their unique situations. Drawn from a great reservoir of mother wisdom, this book pools the stories of over 200 mothers from around the world. Extensive reviews of medical research and discussions with experts in the fields of nutrition, obstetrics, and anthropology have provided the author with a thorough understanding of what we know and what we can surmise on this important topic.

Writing the book while tandem nursing her two children, Flower reaches out to the reader with support, reassurance, and humor.

The companion Web site, www.nursingtwo.com contains links to useful resources, a full Table of Contents, a sample chapter, and additional information.

Adventures in Tandem Nursing: Breastfeeding During Pregnancy And Beyond by Hilary Flower can be purchased for \$14.95 directly from the publisher, by calling toll-free 847-519-7730 or by ordering online at <http://www.lalecheleague.org/catalog.html>.

Contact Information:

For information, photos, and interviews, and original articles contact Hilary Flower,
hilary@nursingtwo.com

For review copies, contact Michealine Gerster, 847-519-7730 x 235, aeditor@lilli.org

Sample Reviews

(70 words)

There is no doubt about it—when breastfeeding and pregnancy overlap, the questions abound! In *Adventures in Tandem Nursing: Breastfeeding During Pregnancy And Beyond* (\$14.95, ISBN 0-912500-97-2), the first full-length book ever on the topic of tandem nursing, Hilary Flower gives comprehensive and in-depth answers to a wide range of questions related to breastfeeding during pregnancy and tandem nursing. A must-have for all breastfeeding mothers. Visit www.nursingtwo.com for more information.

(120 words)

A new book provides the first comprehensive look at breastfeeding during pregnancy and tandem nursing (breastfeeding two children of different ages). Hilary Flower's *Adventures in Tandem Nursing: Breastfeeding During Pregnancy And Beyond* (\$14.95, ISBN 0-912500-97-2) provides in-depth scientific information about the risks of preterm labor, how to eat for three, tips on breastfeeding positions and dealing with discomforts. This book also provides a wealth of mother wisdom on how to make the decision about continued nursing, how to position two nurslings, and how to keep family relationships thriving. Full of mothers' quotes, cartoons, and the author's warmly supportive voice, this is a must-have book for all breastfeeding mothers and those who support them. Visit www.nursingtwo.com for more information.

(320 words):

Introducing a ground-breaking book on breastfeeding: *Adventures in Tandem Nursing: Breastfeeding During Pregnancy And Beyond* by Hilary Flower (\$14.95, ISBN 0-912500-97-2), La Leche League International's newest book. Many mothers breastfeed during at least some of a subsequent pregnancy (61% in one study), and as many as 38% of these mothers go on to nurse newborn and toddler together, an arrangement known as "tandem nursing." This, the first full-length book on the topic, is the must-have book for all breastfeeding mothers and any professional who supports them. The forward by Peggy O'Mara, editor and publisher of *Mothering Magazine*, testifies to the importance of this new book.

Does continued breastfeeding pose added risks for miscarriage, preterm labor, or low birth weight? How can a mother eat for three? How does the milk change during pregnancy, and will there be milk for two after the baby is born? Flower has extensively reviewed the scientific literature and engaging in correspondence with world-reknowned experts. This book pushes the envelope on what we can say—and what we can surmise—about these important questions.

Flower draws from a great reservoir of mother wisdom, pooling the stories of over 200 mothers' from around the world. This book lets the reader know what she might expect and helps her address many challenges that might arise. How, indeed, have other mothers found breastfeeding positions, made their decision about whether or not to continue nursing, limited nursing or weaned without causing jealousy? How have mothers dealt with criticisms, shored up their parenting partnerships, found other tandem nursing mothers, prepared for tandem nursing, and taken care of their own needs throughout? Tandem nursing by adoption has a full chapter devoted to it. Lively mothers' voices bubble through the text, and ten mothers' stories offer insightful accounts. Flower's respectful and supportive writing and the hilarious cartoons of Beth Hannon will light the reader's path.

Visit www.nursingtwo.com for more information.