

Simply Breastfeeding Review

Written by [Laurel Haring](#)

If you're expecting and are thinking about breastfeeding your baby, *Simply Breastfeeding: The My Baby Experts Breastfeeding Method* is one item that you need to add to your gift registry or just go out and buy for yourself.

Buy [Simply Breastfeeding](#) here.

Successful breastfeeding is a goal for many moms. Sadly, all too often problems caused by lack of both knowledge and confidence can lead to difficulties, frustration, and the eventual resignation that breastfeeding is an impossible goal. *Simply Breastfeeding* is a set of two information-packed DVDs and a workbook filled with all the information you'll need to nurse your baby with confidence.

Simply Breastfeeding Pros

The presenter on the DVDs is Shari Criso, who has an alphabet soup of initials following her name: MSN (Master's of Science in Nursing), CNM (Certified Nurse Midwife) and IBCLC (International Board Certified Lactation Consultant). She's also mother of two successfully breastfed daughters. Shari and her husband, Joe, own and operate The Birth Boutique, a large specialty store, learning center, and lactation and consulting practice in New Jersey. Shari comes across in a warm, friendly manner as she presents the information on the DVDs in a clear, simple manner.

The DVDs are structured around one of Shari's breastfeeding classes. She covers a lot of ground in only two hours:

Part 1 – The Benefits of Breastfeeding and The Real Deal About Breast Milk, which includes some eye-opening facts about what causes a woman's milk to come in (and what doesn't) and just how much milk a baby consumes during those first few days of life.

Part 2 – Positioning, latch on, preventing nipple soreness, breastfeeding at the hospital, knowing your baby is getting enough, knowing how and when to give your baby a bottle, and dealing with growth spurts.

These DVDs and workbook retail for \$39.98, which includes shipping and handling. Plus, you get one month's free membership on the My Baby Experts membership site, which offers "information on everything you need to raise a happy, healthy baby."

Simply Breastfeeding Cons

I had a hard time coming up with negatives for this product, but here they are... I wish that these DVDs came on just one disc. Short of that, it would be nice if just one case

could hold both discs. While there are a few scenes of actual breastfeeding on the second disc, it might be helpful if even more were added so that more of Shari's points could be illustrated by actual breastfeeding mothers.

Simply Breastfeeding in Summary

According to Shari Criso, only 2 percent of what goes into a successful breastfeeding experience is the "how-to" portion. The other 98percent comes from your commitment to making breastfeeding work, which is based on why you want to breastfeed. I can wholeheartedly recommend *Simply Breastfeeding*, and my only regret is that it didn't exist when I was nursing my children—it would have made all the difference in the world.

Buy [*Simply Breastfeeding*](#)

Laurel Haring is a writer. She lives with her family in Wilmington, Delaware, and posts semi-regularly to her blog, Let [Me Say This About That](#). Although she learned how to breastfeeding the proverbial "hard way," she persevered. Stubbornness has its usefulness.

<http://www.typeamom.net/simply-breastfeeding-review.html>