

Top 10 Reasons to Read About Breastfeeding

Written by [Laurel Haring](#) Monday, September 22 2008 17:18

Just about everyone loves “top 10” lists, so here’s one that gives 10 reasons to read about breastfeeding. You can find all sorts of reading materials about breastfeeding: from books and magazines to the Internet and scientific or news articles. Here’s why it’s a good idea to read about breastfeeding.

10. Validation

If you’ve had run-ins with people who question why anyone in her right mind would nurse her baby, it’s nice to read news, scientific, and editorial articles about the benefits of nursing to both you and your baby.

9. Awareness

When you read about breastfeeding, you can almost see the generations of women, stretching back thousands of years, who all nourished their babies. What you’re doing has an honored tradition that, while somewhat less honored during the past half-century or so, is regaining the respect it deserves.

8. Self-confidence

It’s quite a jolt to make the transition from a woman who has “ornamental” breasts to one who has functioning breasts. The vernacular of breastfeeding – nipple, areola, let-down, engorgement – is pretty charged. Reading about breastfeeding can help ease that transition and give you an added boost of confidence.

7. Reassurance

Ever feel alone, even in a crowded room? Well, when you read about breastfeeding you’ll feel like part of a larger community – the community of nursing mothers.

6. Information

Let’s say that a friend or relative is questioning whether nursing is all that beneficial to your baby. You can arm yourself with information that addresses their questions about your baby ... and about the benefits you, too, receive as a nursing mother.

5. Explanation

You put your arm here and your baby’s legs ... where? Well, when you read about nursing, you’ll be able to learn all about various nursing positions, for example. Or if your baby now has four teeth, wouldn’t it be reassuring to know exactly why he won’t be able to bite you while he’s nursing?

4. Answers

When it’s after hours and you have questions but they’re not urgent, you can just Google for answers to your questions. Naturally, you need to be a discerning

consumer of online information; however, there are answers out there for every question you might have.

3. Community

Sometimes you can feel pretty isolated when you're a nursing mom, whether you're way out in the country or in the middle of a huge city. Reading about experiences of other nursing moms will help you feel – and know – that you're not alone, that there are lots of other women who are going through experiences that are similar to yours.

2. Curiosity

Did you hear about [the Burmese woman who volunteered to nurse two Bengal tiger cubs](#)? How about [Chinese chefs who are incorporating breast milk into their cuisine](#)? Read all about it!

1. Knowledge is power

Learning all you can about the fascinating art and science of nursing will help you be more confident, more relaxed, and more resolute than ever before that you have made the right choice for yourself and your baby.

Laurel Haring is a writer and editor. She and her family live in Delaware. Laurel has always been an avid reader and skilled multitasker ... nursing while reading (or would that be reading while nursing?) came pretty naturally for her.

<http://www.typeamom.net/top-10-reasons-to-read-about-breastfeeding.html>