

# *My* Tandem Nursing *Journey*

*2<sup>nd</sup> Edition*

Ashley Kusi



Breastfeeding Through Pregnancy, Labor,  
Nursing Aversion and Beyond

# My Tandem Nursing Journey Breastfeeding Through Pregnancy Labor Nursing Aversion And Beyond

**Denise Pungert MD FaaFP IBCLC**



## **My Tandem Nursing Journey Breastfeeding Through Pregnancy Labor Nursing Aversion And Beyond:**

**My Tandem Nursing Journey** Ashley Kusi, 2018-03-01 Are you thinking about tandem nursing Do you feel stressed and overwhelmed because you just found out you are pregnant but you are still nursing your child Not sure whether to tandem nurse or not I was faced with the same situation after I found out I was expecting our second child I looked everywhere for support resources and books to help me decide whether to tandem nurse or not As you know there isn't a lot of resources about tandem breastfeeding which makes choosing to tandem nurse or not an overwhelming decision In this short and easy to read tandem nursing book you will 1 Be inspired by my tandem nursing journey Specifically my tandem nursing experiences through pregnancy nursing aversion milk drying up labor second childbirth and beyond 2 Be encouraged and uplifted by personal stories from other tandem nursing mamas 3 Get access to tandem nursing support groups on Facebook and other helpful resources 4 Discover how breast milk changes during pregnancy and different ways to help with your milk supply 5 Get help on deciding whether to wean or not Plus stories of other tandem nursing moms who gently weaned 6 Discover how to deal with nursing aversion and nursing agitation 7 Understand what DMER is and the different things you might encounter while tandem nursing 8 Learn what to expect when pregnant and nursing 9 Find preparation tips for tandem nursing positions and frequently asked questions I hope my story and that of other moms helps you to make the right decision for yourself and family Now Buy your copy of My Tandem Nursing Journey today Keywords related to this tandem nursing book Tandem nursing tandem breastfeeding breastfeeding toddler and newborn tandem nursing twins what is tandem nursing tandem nursing while pregnant tandem nursing toddler and newborn tandem nursing book tandem nursing toddler and infant tandem nursing positions tandem feeding tandem breastfeeding toddler and newborn tandem breastfeeding toddlers tandem breastfeeding twins

*My Tandem Nursing Journey* Ashley Kusi, 2018-03-16 *Emotional and Sexual Intimacy in Marriage* Marcus Kusi, Ashley Kusi, 2017-03-09 How to connect or reconnect with your spouse grow together and strengthen your marriage EVEN if you don't know where to start Do you feel something is missing in your marriage Do you feel like roommates Are you worried about drifting apart Do you ever miss the connection you once had Do you want to fall in love again so you can rekindle intimacy in your marriage Needless to say you are not alone The truth is we all want to feel loved and desired by the person we have committed to spend the rest of our life with Somewhere along the journey life gets in the way busy schedules pregnancies kids health issues looming work deadlines career changes unexpected life and family events etc Your spouse is physically present with you but it feels like they are miles away The spark and excitement is starting to wane You are slowly growing apart The sad truth is this Lack of intimacy in marriage can easily lead to resentment anger frustrations feeling neglected miserable and even divorce But don't give up yet No matter how hopeless you feel about the state of your marriage we believe you can rekindle intimacy with your spouse Because it happened to us too We used to be just like you missing that deep connection meaningful conversations and excitement we

had when we first met However we have used what we share in this book to reconnect grow together and rekindle intimacy in our marriage emotionally intellectually spiritually physically sexually and much more As a result we now have a healthier happier sexier and satisfying marriage In this book you will learn how to 1 Connect or reconnect with your spouse so that you can rekindle your marriage without breaking your budget 2 Overcome emotional physical and sexual intimacy issues like mismatched sexual desires in the bedroom 3 Communicate your feelings with courage even when you are hurt frustrated or angry 4 Create a safe haven so you can be vulnerable with each other without feeling judged 5 Deal with anxiety about intimacy for yourself or your spouse 6 The 5 simple things we do every day that has been proven to strengthen intimacy in many marriages even if you don't have much time 7 More than 52 conversation starters for deeper conversations building trust intellectual and emotional intimacy 8 The different forms of intimacy every couple needs to know so you can build that intimate connection you both desire 9 Over 69 simple yet effective ways to rekindle intimacy romance and the passion you once had Plus the 30 Day and 12 Month intimacy challenge for couples which is about practicing intimacy in your marriage every single day You see a marriage without emotional and sexual intimacy is bound to be unfulfilling So if you want to enhance intimacy in your marriage rekindle the romance and have satisfying sex with your spouse then this book is for you More importantly Emotional and Sexual Intimacy in Marriage will change the way you relate with your spouse live your marriage and make intimacy a part of your daily life starting today Scroll to the top to buy your copy of this intimacy book for couples today Keywords related to this intimacy book for couples Intimacy book for couples emotional intimacy sexual intimacy intimacy in marriage how to reconnect with your spouse how to connect with spouse intimacy book for married couples marriage books marriage books for couples newlyweds book books for couples marriage help books relationship help books relationship books books for couples books for married couples physical intimacy rekindle marriage rekindle relationship rekindle intimacy intimacy anorexia fear of intimacy fear of intimacy lack of intimacy forms of intimacy rekindle romance

**Questions for Couples** Marcus Kusi,Ashley Kusi,2017-04-26 Do you find it difficult coming up with thought provoking conversation starters or topics to discuss with your partner Do you want to discover insightful questions that can lead to having deeper exciting and more meaningful conversations as a couple Don't have much to talk about except the day to day life activities If you answered yes to any of these questions you're not alone We all want to have better more substantial and engaging conversations everyday with our significant other However knowing where to start or the right questions to ask can be a challenge when things become routine That's why we wrote Questions for Couples We have used these open ended questions to get to know each other more deeply have better conversations and improve our relationship We believe these questions will do the same for your relationship too In Questions for Couples you will discover 1 469 Thought provoking conversation starters for connecting building trust and rekindling intimacy in your relationship 2 Fun engaging and open ended questions that will lead to some of the best conversations you have had in a while with your

partner bring you closer and really get you learning about each other 3 Creative conversation starters for communicating and expressing your feelings needs and desires 4 Refreshing questions you can discuss with each other on a daily or weekly basis to help you grow your relationship as well as personal development Simply select 365 questions that you love and use them for a 365 Days of Questions Challenge with your partner 5 Thought provoking questions that will help you talk about things you might never think of on your own which is especially helpful if you are looking for something new to talk about 6 Inspiring conversation starters for setting yearly goals as a couple so you can grow together while achieving them 7 Exciting sex questions that will get you talking and sharing your sexual desires so you can have better and more satisfying sex And much more You can have great conversations when you know what questions to ask You just need the right questions Open ended questions that will spark deeper conversations so you can discover and learn more about yourself and your partner Whether you are dating in a committed relationship engaged married or in a long distance relationship this book is for you Questions for Couples will get you talking for hours even if you have very little to talk about Plus because it s pocket sized it s easy to take everywhere for road trips coffee dates to date nights dinner or events the beach vacation trips etc Now get your copy of this questions book for couples today Related keywords to this Questions for Couples book Questions for couples marriage questions relationship questions questions for dating couples dating questions questions for couples book relationship questions relationship questions book questions couples questions for couples game questions for couples therapy questions for married couples questions for married couples fun questions for couples to ask each other book of questions for couples what if questions for couples 365 questions for couples questions for engaged couples relationship questions to ask relationship questions game relationship questions for couples fun relationship questions dating icebreaker questions marriage counseling questions conversation starters for couples conversation starters relationship books marriage books newlyweds book books for couples marriage help books relationship help books books for couples books for married couples dating books

**Adventures in Tandem Nursing** Hilary Flower, 2019-12 Finally the 2nd edition of a much needed book There is no doubt about it when breastfeeding and pregnancy overlap the questions abound This book is still the only comprehensive resource on this topic Hilary Flower gives complete and in depth answers to a wide range of questions related to breastfeeding during pregnancy and tandem nursing Drawn from a great reservoir of mother wisdom this book pools the stories of over 300 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 this important topic Each person s experience will be a one of a kind adventure full of surprises and choices Adventures in Tandem Nursing provides an essential source of support humor and information for the journey The 2nd edition has the latest research on safety and nutrition many more mothers stories and quotes checklists to keep you on track chapter summaries online resources and all new photos and illustrations You will also find four additional chapters high risk

pregnancy the nursing s needs closely spaced babies and triandem nursing Permission to Mother Denise Pungler MD Faafp Ibcllc,2008 Dr Pungler s personal experiences include a doula attended hospital birth without intervention working while tandem nursing tandem nursing beyond the toddler years and perhaps most dramatically a footling breech birth at home Included are other women s experiences that go beyond the status quo All stories have one feature in common Dr Pungler goes beyond the medical standard of care that too often imposes on a woman s right to mother to the fullest Dr Pungler gives you permission to birth just the way you want to and to breastfeed for how long you and your baby want to Page 4 of cover Breast Feeding Through Pregnancy and Beyond ,2004 Breastfeeding Together: A Partner's Guide to Support and Bonding Persephone Hartfield, Beyond the Delivery Room , Beyond the Delivery Room Life After Labor The journey into parenthood doesn t end in the delivery room it s just the beginning Beyond the Delivery Room Life After Labour is your indispensable guide to navigating the exhilarating challenging and utterly rewarding terrain of postpartum life From physical recovery to nurturing your emotional well being this book equips you with the knowledge and confidence needed to thrive as a new parent Chapter 1 Physical Recovery Discover the essential steps to bounce back physically after childbirth From postpartum exercise practices to embracing the power of postpartum yoga you ll find invaluable guidance for rejuvenating your body Chapter 2 Emotional Well being Explore the emotional rollercoaster of early parenthood Learn how to navigate and understand the emotional terrain finding ways to manage stress anxiety and postpartum blues while fostering your mental health Chapter 3 Bonding with Baby Nurture the unbreakable bond between you and your little one Dive into the profound connection of skin to skin contact responsive parenting and the joys of embracing parenthood Chapter 4 Self Care Prioritize self care as a new parent Discover strategies for maintaining your own well being from carving out personal time to incorporating self care practices into your daily routine Chapter 5 Nutrition and Breastfeeding Embrace the world of breastfeeding with confidence Explore healthy eating habits that nourish both you and your baby and tackle common breastfeeding challenges head on Chapter 6 Postpartum Fitness Reclaim your physical strength through postpartum fitness Uncover safe exercise practices and harness the transformative power of postpartum yoga to rejuvenate your body Chapter 7 Relationships and Support Navigate the intricacies of your relationships and find the support you need Explore partner support friendship dynamics and the benefits of joining support groups Chapter 8 Returning to Work Prepare for the transition back to work while considering childcare options and effective strategies for managing work life balance Chapter 9 Intimacy and Sexuality Reignite intimacy and sexuality in your relationship Foster open communication address body image concerns and connect with your partner on a deeper level Chapter 10 Parenting Styles and Approaches Discover your unique parenting style and approach to raising your child Gain insights into attachment parenting and find your own path to nurturing your little one Beyond the Delivery Room Life After Labor is your trusted companion as you embark on the postpartum journey Order your copy today and embrace this transformative chapter in your life with resilience joy and the

knowledge that you re fully equipped for the adventure ahead Table of Contents Introduction Beyond the Delivery Room Life After Labour PHYSICAL RECOVERY EMOTIONAL WELL BEING BONDING WITH BABY SELF CARE NUTRITION AND BREASTFEEDING HEALTHY EATING HABITS COMMON BREASTFEEDING CHALLENGES POSTPARTUM FITNESS SAFE EXERCISE PRACTICES POSTPARTUM YOGA RELATIONSHIPS AND SUPPORT PARTNER SUPPORT FRIENDSHIPS AND SOCIALIZING JOINING SUPPORT GROUPS RETURNING TO WORK CHILDCARE OPTIONS MANAGING WORK LIFE BALANCE INTIMACY AND SEXUALITY COMMUNICATION AND CONNECTION ADDRESSING BODY IMAGE CONCERNS PARENTING STYLES AND APPROACHES ATTACHMENT PARENTING      Impact of Birthing Practices on Breastfeeding Linda J. Smith,Mary Kroeger,2009-09-24 This text examines the research and evidence connecting birth practices to breastfeeding outcomes It takes an in depth look at the post birth experiences of the mother and baby using the baby s health as the vehicle and the intact mother baby dyad as the model to address birth practices that affect breastfeeding The Second Edition has been completely revised to include new information on infant outcomes including epidural anesthesia and Cesarean surgery clinical strategies for helping the mother and baby recover from birth injuries medications and complications and information on Baby Friendly Hospital Initiatives with a Mother Friendly Module      **Nurse Barb's Personal Guide to Breastfeeding** Barbara Dehn,2014-08-15 Nurse Barb provides readers with a comprehensive guide to the changes challenges and joys that are in store for them as well as a guide to preparing for baby s arrival A joyful healthy pregnancy can be just a read away      Nursing Your Baby Beyond the First Days Sarah Coulter Danner,Edward R. Cerutti,1986      **Birth and Breastfeeding** Michel Odent,2003 Expectant parents midwives doulas childbirth educators those involved in public health and all those interested in the future of humanity will find this a provocative and visionary book      Nursing Beyond One Judith Fage,Jenny Macwhinnie,Valerie Osmotherly,1983

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