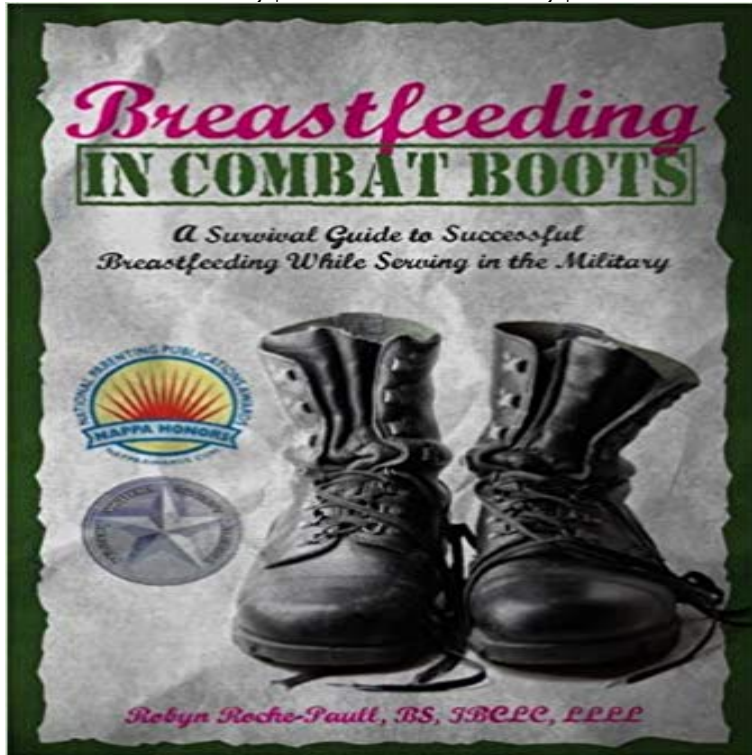


Breastfeeding in Combat Boots A Survival Guide to Successful Breastfeeding While Serving in the Military



Robyn Roche-Paull's book, *Breastfeeding in Combat Boots*, is far more than a survival guide. It is practical, well-referenced and totally awe-inspiring!.... Robyn's stories of courage, creativity and determination weave a powerful thread through this realistic, no-nonsense book. Bravo! Linda J. Smith, BSE, FACCE, IBCLC - military spouse of a USAF Colonel with 26 years service. *Breastfeeding in Combat Boots* is a much needed resource for active-duty mothers and mothers-to-be, who are seeking information and support on how to breastfeed successfully while serving their country. Are you pregnant and in the military? Do you want to breastfeed, but just don't know how you can combine 12 hour shifts, training exercises, or deployment with breastfeeding your baby? Robyn Roche-Paull answers these questions and more in *Breastfeeding in Combat Boots - A Survival Guide to Successful Breastfeeding While Serving in the Military*. As a veteran of the United States Navy, mother of three breastfed children, International Board Certified Lactation Consultant, and La Leche League Leader, the author has helped many active-duty mothers breastfeed their babies. She has now compiled this knowledge into a comprehensive guide to help all mothers in the military breastfeed their babies successfully. Most services now have written policies in place to support breastfeeding and direct commanders to provide a place and time for pumping milk. However, even with the policies in place, military mothers face unique circumstances that can make breastfeeding successfully a challenge. This book was written to help military mothers overcome the challenges they face so they can provide the best nutrition for their babies. Some of the topics covered include: How do I get breastfeeding off to a good start in only six short weeks? Can I pump while in the

desert for training exercises? Is my pump allowed onboard ship? Do I need to pump and dump if I've been exposed to JP-8? How do I deal with co-workers who do not support my pumping while on duty? These questions and more are answered in Breastfeeding in Combat Boots! In this book, the author provides military moms with insight into the rewarding and wonderful aspects of breastfeeding on active duty, while also giving a realistic look at the challenges that lay ahead. If you are an active-duty pregnant or breastfeeding mother or you work with active-duty mothers, this book is a must-have book for your resource library. Not only is it comprehensive and easy-to-read, it also includes many testimonials from military moms who have successfully breastfed and are happy to share their experiences! Winner of the 2011 NAPPA Honors Award and the 2011 MWSA Silver Award. Author: Robyn Roche-Paull, BS, IBCLC, LLLC Copyright: 2010 Total Pages: 354 Digital Edition

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Author addresses breastfeeding in the military > Wright-Patterson Air Breastfeeding in Combat Boots is a much needed resource for active-duty mothers and Are you pregnant and in the military? in Breastfeeding in Combat Boots - A Survival Guide to Successful Breastfeeding While Serving in the Military. Robyn Roche-Paull, author of Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military, will **Breastfeeding in Combat Boots Challenge Coin by Robyn Roche** These questions and more are answered in Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military. She has **Breastfeeding in Combat Boots - HomeBase** Breastfeeding successfully while serving in the military starts with the basics. Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the **Breastfeeding in combat boots : a survival guide to successful** Buy Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military by Robyn Roche-Paull (ISBN: 9780984503940) **Breastfeeding in Combat Boots: A Survival Guide to Successful** Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military (English Edition) eBook: Robyn Roche-Paull: **Book - Breastfeeding in Combat Boots Awards - Breastfeeding in Combat Boots** Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military: Robyn Roche-Paull: 9780984503940: Books **Breastfeeding in Combat Boots: Home** Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military: Robyn Roche-paull: : Libros. **Breastfeeding in Combat Boots: A Survival Guide to Successful** Think again

with these tips from AD moms who have been successful! **Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military. Reviews - Breastfeeding in Combat Boots** Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military and Founder of Breastfeeding in **Breastfeeding in Combat Boots: A Survival Guide to Successful** Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military (9781530386505) by Robyn **Breastfeeding in Combat Boots: A Survival Guide to - Goodreads** for Breastfeeding in Combat Boots Challenge Coin on Kickstarter! Reserve military mothers who successfully breastfeed while serving their country! **Boots: A Survival Guide to Successful Breastfeeding While Serving in Breastfeeding in the military - Wright-Patterson Air Force Base -** In fact, after reading this book (Breastfeeding In Combat Boots: A Survival Guide to Successful breastfeeding While Serving in the Military by Robyn **Mom On A Mission Robyn Roche-Paull from Breastfeeding - MomCo** Editorial Reviews. About the Author. Robyn Roche-Paull, BSN, RNC-MNN, IBCLC is a United Buy Breastfeeding in Combat Boots A Survival Guide to Successful Breastfeeding While Serving in the Military: Read 22 Kindle Store Reviews **In The Field - Breastfeeding in Combat Boots** Robyn Roche-Paull, author of Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military, gave **Breastfeeding in Combat Boots - LLLI** Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military by Robyn Roche-Paull at - ISBN 10: **Deployments - Breastfeeding in Combat Boots Basic Training - Breastfeeding in Combat Boots** Going back on duty in the military while continuing to breastfeed has its share of A Survival Guide to Successful Breastfeeding While Serving in the Military. **Breastfeeding in Combat Boots: A Survival Guide to Successful** Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military book makes a wonderful gift for any Active Duty, **Breastfeeding in combat boots : a survival guide to successful** Get this from a library! Breastfeeding in combat boots : a survival guide to successful breastfeeding while serving in the military. [Robyn Roche-Paull] **Breastfeeding in Combat Boots A Survival Guide to Successful** Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military was selected as a Silver Medal winner in the 2011 **Pumping Basics - Breastfeeding in Combat Boots** Editorial Reviews. About the Author. Robyn Roche-Paull, BSN, RNC-MNN, IBCLC is a United Buy Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military: Read 22 Kindle Store Reviews **Images for Breastfeeding in Combat Boots A Survival Guide to Successful Breastfeeding While Serving in the Military** questions and more in the Award-winning book Breastfeeding in Combat Boots A Survival Guide to Breastfeeding Successfully While Serving in the Military. **Breastfeeding in Combat Boots: A Survival Guide to Successful** Being a breastfeeding mother in the military means having to leave on **Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military. Breastfeeding in Combat Boots: A Survival Guide to Successful** 2010, English, Book, Illustrated edition: Breastfeeding in combat boots : a survival guide to successful breastfeeding while serving in the military / by Robyn **Breastfeeding in Combat Boots A Survival Guide to Successful** Breastfeeding in Combat Boots A Survival Guide to Successful Breastfeeding While Serving in the Military.