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Alabi Temitope John



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The Mom-to-Mom Guide to the Baby Years Stephanie Gallagher, 2002-09 Joining the mommy world is a little like going to war It s foreign and scary physically demanding and unpredictable and the only people who understand what it s really like are the ones who ve been through it before Indeed who better than to guide you through everything from morning sickness remedies your doctor doesn t know about to finding the safest sturdiest car seat on the market In The Mom to Mom Guide to the Baby Years you ll discover The ten most important things to bring to the hospital when you re ready to deliver Three full proof tricks for limiting visitors and their annoying advice in those first few weeks The easiest most effortless way to lose the pregnancy weight plus three other weight loss strategies that really work The only convertible car seat we recommend and why Our top ten list of must have baby products and four to avoid at all costs The three nursing accessories we can t live without The two best web sites for baby products The single best way to get stains out of baby clothes and everything else Fifteen quick and easy recipes for time crunched moms Six great ideas for making kids feel special Time tested tricks for soothing a colicky baby The best source for designer baby clothes at great prices we call it the best kept secret in baby fashion Seven creative ways to preserve memories from the baby years Our number one favorite first finger food for baby Terrific tricks for getting picky eaters to eat vegetables and much much more About the Authors The Mom to Mom Guide to the Baby Years is written by 142 moms from all over the world from Spokane Washington to Okeechobee Florida Ontario Canada to Kyoto Japan We are moms just like you breastfeeders and bottle feeders vegetarians and meat eaters working moms and stay at homers We live in the city and the country on military bases and in suburban neighborhoods We differ in lifestyles parenting styles ages and clothing preferences but we all share a deep desire to raise happy healthy children and we re happy to share whatever we ve learned to help you do the same Clinics in Human Lactation, Vol 10: Breast Pump & Pumping Protocols Executive Director National Alliance for Breastfeeding Advocacy Marsha Walker, Marsha Walker, 2012-06-01 Are you a pregnant mom who will be going back to work after you have your baby Are you worried about how to pump while working Do you work with pregnant or breastfeeding women who plan to pump their milk after they go back to work Do you need more information on pumps and pumping to increase duration of breastfeeding among your clients Pumping breastmilk is a very personal behavior for most women Surveys indicate women want a pump that works quickly obtains a sufficient quantity of milk from each breast and does not cause pain A pump that works for one mom may not work as well for another mom for a variety of reasons Many mothers have found interventions and techniques that make their pumps work better In this three part book Marsha Walker RN IBCLC shares information on the history and regulation of breast pumps the mechanics of pumps a review of the literature types of pumps ways to pump more effectively flanges how to choose a pump pumping protocols how to troubleshoot problems and how to deal with low milk supply If you want to know more about breast pumps and tips and techniques for pumping more milk this is the book for you **Pumps and Pumping Protocols**

Executive Director National Alliance for Breastfeeding Advocacy Marsha Walker, Marsha Walker, 2017-01-06 Are you a pregnant mom who will be going back to work after you have your baby Are you worried about how to pump while working Do you work with pregnant or breastfeeding women who plan to pump their milk after they go back to work Do you need more information on pumps and pumping to increase duration of breastfeeding among your clients Pumping breastmilk is a very personal behavior for most women Surveys indicate women want a pump that works quickly obtains a sufficient quantity of milk from each breast and does not cause pain A pump that works for one mom may not work as well for another mom for a variety of reasons Many mothers have found interventions and techniques that make their pumps work better In this three part book Marsha Walker RN IBCLC shares information on the history and regulation of breast pumps the mechanics of pumps a review of the literature types of pumps ways to pump more effectively flanges how to choose a pump pumping protocols how to troubleshoot problems and how to deal with low milk supply If you want to know more about breast pumps and tips and techniques for pumping more milk this is the book for you [Design and Development of a Manual Breast Pump](#) Nur Atiqah Ramlan, 2010 This thesis deals with design and development of a manual breast pump with an ergonomic approach This project is the further study of the previous project which is the preliminary design of the manual breast pump The purpose of this study is to prevent the musculoskeletal disorder problems among mothers who expressed the breast milk using manual breast pump The objectives of this study is to design a manual breast pump with ergonomics approach using Solidworks to make a prototype of the designed manual breast pump using Rapid Prototyping machine and to validate the designed manual breast pump using simulation process and manual calculation The scope of this project is that the developed manual breast pump is only a prototype and is not readily functional as a commercial product While the validations of the manual breast pump through the simulation software is considered precise The strategy of validation of finite element analysis was developed for this project The finite element analysis was then performed using ALGOR and the bottle part of the design was analyzed using the static stress with linear material model The other part of the design which is the pressure pump was also manually calculated The obtained results indicate that the maximum value of the result shows in the bottom of the bottle due to the surface boundary condition The manual calculation of the pressure pump shows that the design just can produce the maximum pressure of about 4 000 Pa While a good manual breast pump should produce at least about 2 000 Pa However the area is not suitable to be reducing in a great number due to the ergonomics condition

Safety of Breast Pumps and Expressed Breast Milk Use Amongst Nursing Mothers and Healthy Term Babies

Alabi Temitope John, 2021-06-08 The growing awareness of the benefits of exclusive breast feeding is reason why many nursing mothers are opting to adopt the practice Emerging barriers however threaten adherence to its required duration and exclusivity A possible strategy that could address most of the commonly reported complaints is the use of breast pumps by nursing mothers and expressed breast milk for healthy term babies This review of scientific literature which examined its

safety shows that in spite of the huge benefits and positive roles that the device could play in supporting exclusive breast feeding significant number of users suffer discomfort breast pain and tissue damage Also its effectiveness in supporting nursing mothers to achieving the required duration and exclusivity has not been confirmed In addition bottle feeding puts babies at higher risks of developing Malocclusions and other forms of oral diseases while the mechanism by which bottle fed infants tends to overfeed is unclear Therefore training sessions on hand expression of breast milk and personal hygiene are recommended for inclusion into ante and post natal clinics as an alternative for nursing mothers who might have serious complaints with the device Moreover further studies to refine the dynamics of breast pump operation so as to address complaints by nursing mothers are also advocated

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