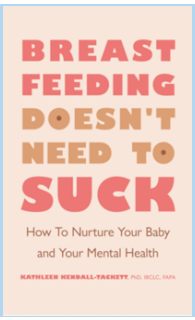
Discussion Guide



Breastfeeding Doesn't Have to Suck
Kathleen Kendall Tackett, PhD

Praeclarus Press
2022
197 pages
ISBN: 978-1433833847

Infant Feeding

Summary

Painful latch, delayed milk, low supply, oversupply, infections, and tongue-tie are just some of the issues that can imperil breastfeeding. Postpartum anxiety and depression can make things even harder. Author Kathy Kendall-Tackett is a board-certified lactation consultant and researcher in breastfeeding, depression, trauma, and women's health psychology. “Breastfeeding Doesn't Need to Suck” is an evidence-based guide full of practical advice to enhance your physical and psychological well-being so that you and your baby can thrive.

Questions

1. What interested you in reading this book for book club?
2. What new things did you learn?
3. What was surprising about the facts contained in this book?
4. Was there a section of the book that had an impact on you? Was it good or bad? Share parts of that section and its impact.
5. What questions about this topic do you still have?
6. Would you recommend this book to new or expectant parents? Why or why not?
7. What do you think about the author's supporting research? Were the sources credible?
8. Did the way the book was written affect your ability to relate to and understand the subject? Was the author’s writing objective and dispassionate? Or passionate and earnest? Was it biased, inflammatory, sarcastic? How does the author’s language or tone help support or conversely, undermine the author's premise?
9. Were the terms and concepts explained well? Give examples.
10. Did anyone’s opinions on the subject change due to information contained in this book? If so, what has changed?

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