

Finally, insight into the taboo topic



Kathrin Burri
Long-Term Breastfeeding
[Langes Stillen]
Natural, healthy, needs-oriented – New findings based on an extensive survey

Kösel Sach-/Fachbuch
208 pages
32 colour illustrations
Format 13,5 x 21,5 cm
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Kathrin Burri, a mother of two, has been working in obstetrics since 2015. As part of her doula training, she conducted a survey on the subject of long-term breastfeeding with several thousand participants (mothers and fathers). She has completed numerous advanced training courses in breastfeeding, birth hypnosis, and obstetrics. She presently works in Switzerland.

The breastfeeding recommendation from the World Health Organisation is to exclusively breastfeed for at least 6 months. Unfortunately, this is too often misinterpreted to mean that breastfeeding should be discontinued after 6 months at the latest. Women who give their child the breast beyond this period are confronted with ignorance ('Your child is not being cared for properly.'), suspicions ('You simply are not able let go.'), and judgements ('That's not normal!'). Many mothers nurse their children only secretly after the first year of life and rarely mention it – even though many children in their second or third year seek comfort and closeness at the mother's breast, and additionally benefit from the ingredients of breast milk.

This book explains the fundamentals of long-term breastfeeding, goes beyond the taboos, helps relieve families of the burdens they feel, and does away with clichés.

- Long-term nursing is more prevalent than assumed.
- Breastfeeding is becoming increasingly accepted by society.
- Unique studies with numerical data and facts about long-term breastfeeding