



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

Robyn Roche-Paull

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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.

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