



# T H E T E N S T E P S

Introduction	9
1 Choose Nursing Over Nurseries <i>(while pregnant, think breastfeeding)!</i>	12
2 Become a Lioness <i>(and fight common sabotages in the hospital-jungle)!</i>	34
3 Survive Getting Eaten Up <i>(and solve feeding confusions)!</i>	56
4 Regress to a Pre-School Level <i>(it is all about pee and poop)!</i>	73
5 Shape-up at Baby Boot Camp <i>(the first six weeks postpartum)!</i>	82
6 Strut Your Stuff <i>(in the face of the general public)!</i>	98
7 Fight the “Yottle” in Your Baby’s Bottle <i>(with the help of Dr. Seuss)!</i>	114
8 Sleep Like a Baby <i>(or with a baby)!</i>	124
9 Pump It Up <i>(without losing your sanity)!</i>	138
10 Wean Like a Winner <i>(and toast to making it through)!</i>	154