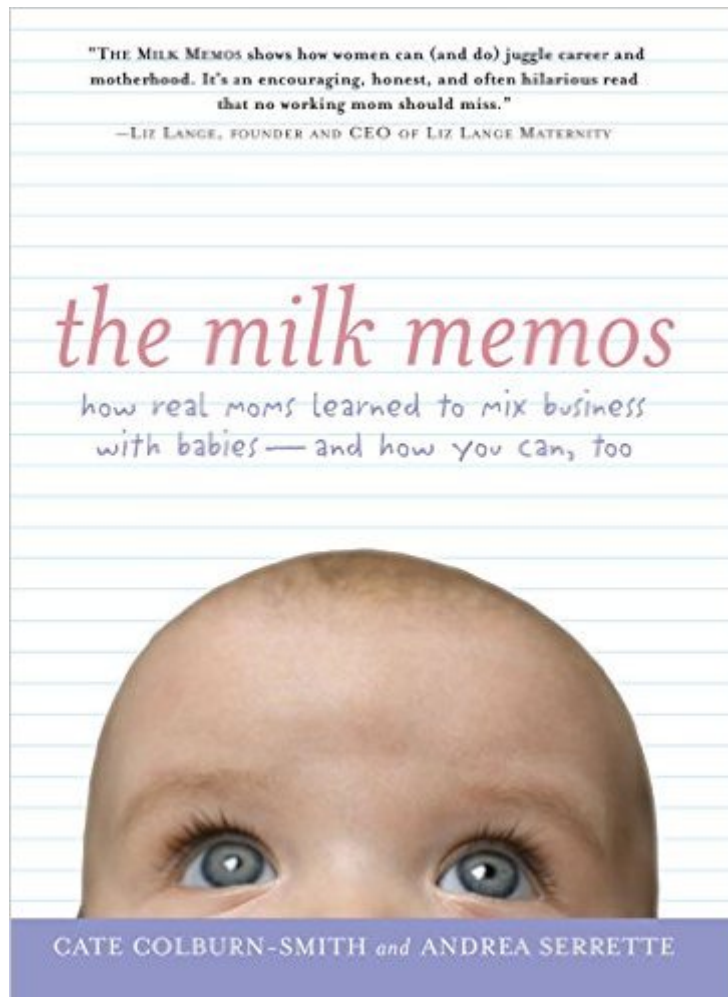


The book was found

The Milk Memos: How Real Moms Learned To Mix Business With Babies—and How You Can, Too



Synopsis

This one-of-a-kind guide to balancing motherhood and work is based on actual journals kept by a group of IBM women during their visits to the company's employee lactation room. It all began when IBM manager Cate Colburn-Smith sat down in the company's employee lactation room, shed a few silent tears, and wrote the following on a paper towel: I'm a new mom and today is my first day back at work. Is anyone else using this room? Right away women responded, and the paper towel was eventually replaced by a series of notebooks, in which women offered one another advice and support on juggling work and a newborn. Based on the original notebooks, *The Milk Memos* is a heartwarming, encouraging (and often hilarious!) guide to working motherhood. It's one of the most existential moments any woman will face: sitting in a small room tucked away in the bowels of your company, pumping breast milk for a child so close to your heart-yet, at that moment, so far away. *The Milk Memos* records the voices of mothers who, while struggling with the difficulties of blending their two lives, prove that women don't have to choose between work and family. Their thoughts on how it can be done will inspire women everywhere. This invaluable book weaves the actual *Milk Memos* journal entries with information-packed sections on such topics of great concern to working moms as: - finding a private place to pump breast milk at work and establishing a routine that you can maintain despite your busy workday; - establishing the right daycare solution; - getting a decent night's sleep with a new baby so that you can shine (or at least glimmer!) during business hours; and - negotiating flextime, part-time, or a job share with an employer. The ultimate gift for any new mom who will soon return to work, *The Milk Memos* is destined to become a classic on the parenting shelf.

Book Information

Paperback: 370 pages

Publisher: TarcherPerigee; 3.2.2007 edition (March 15, 2007)

Language: English

ISBN-10: 1585425443

ISBN-13: 978-1585425440

Product Dimensions: 5 x 0.9 x 7.1 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (121 customer reviews)

Best Sellers Rank: #333,431 in Books (See Top 100 in Books) #312 inÂ Books > Parenting & Relationships > Parenting > Parenting Girls #328 inÂ Books > Business & Money > Women &

Customer Reviews

This book is a "must have" for any nursing mommas going back to work and hoping to continue the breastfeeding relationship. I wish I had had this book when my first daughter was born and I went back to work. I felt so alone in my extremely challenging endeavor of pumping and working. If I had had this book, I would have felt supported, vindicated, inspired, and most of all, would have had the collective wisdom of other women who've learned how to make it work. I now plan to buy this book for all my friends who are having babies and planning to continue their careers out of the home. I would also recommend *Working Without Weaning* but if you're only going to buy one book, this one will tell you most everything you need and it's so darn affordable! It's also well written and backed up by research. Hurray for a couple of super-moms who managed to pump AND work AND somehow find time to write a book! Most books are written by stay-at-home moms who could never understand the pump/work dynamic. (No offense to them but even my local LLL leader couldn't help me because she has never experienced working out of the home 40 hrs/wk, away from her baby, dealing with pumping and storing milk and all the rest. This book covers everything from starting the breastfeeding relationship on the right foot, introducing bottles, buying the right pump, negotiating time/space with your employer, sleep-deprivation, anxiety about being separated from your baby, the challenge of juggling career and family priorities, the challenge of being perceived as "less productive" at work now that you're juggling everything else. It has a nice balance of informative narrative from the authors, interspersed between the journal entries of the "Milk Mamas" group sharing the lactation room at IBM.

[Download to continue reading...](#)

The Milk Memos: How Real Moms Learned to Mix Business with Babies-and How You Can, Too
Medications & Mothers' Milk (Medications and Mother's Milk)
Mix-and-Match Cakes: The Simple Secret to 101 Delicious, Wow-Worthy Cakes (Mix-And-Match Mama)
Amigurumi Parent and Baby Animals: Crochet soft and snuggly moms and dads with the cutest babies!
Business Plan: Business Tips How to Start Your Own Business, Make Business Plan and Manage Money (business tools, business concepts, financial freedom, ... making money, business planning Book 1)
The Real Book of Real Estate: Real Experts. Real Stories. Real Life How to Start Your Own Real Estate
Photography Business!: A Step-by-Step Guide to Show You How to Begin Your Own Real Estate
Photography Business in 14 ... for real estate, photographing houses)
Real Moms...Real Jesus: Meet the Friend Who Understands Mail Order Bride: The Biggest Brides and Babies Box

Set....EVER! 25 Book Box Set (Brides and Babies Historical Romance Series) Memos to Shitty People: A Delightful & Vulgar Adult Coloring Book Charles E. Ives: Memos Six Memos for the Next Millennium HTML for Babies: Volume 1 of Web Design for Babies Javascript for Babies (Code Babies) CSS for Babies (Code Babies) CSS for Babies: Volume 2 of Web Design for Babies Quantum Information for Babies (Physics for Babies) (Volume 5) Quantum Entanglement for Babies (Physics for Babies) (Volume 4) HTML for Babies (Code Babies) Everything I Learned about Life, I Learned in Dance Class

[Dmca](#)