

# Sütünüzü Nasıl Artırırsınız ?

İkinci Basım

*Süt Üretimini Artırmanız için Emzirme Rehberi*

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## Önsöz

“Sütüm yeterli değildi, bu yüzden takviye mama vermek zorunda kaldım.”

Bu sözleri ya da buna benzerlerini sık sık duyuyorum. Bu durumlarda ebeveynlerin çoğu durumu değerlendirip sorunları çözecek bilgisi olan birine ulaşmıyor. Ve çoğu zaman, takviye mama gerektiğinde öyle veriliyor ki adeta annesütü miktarının azalması garanti ediliyor.

Emziren ebeveynlerle 20 yılı aşkın süredir çalışıyorum ve konuşuyorum. Yeni ebeveynlerin karşılaştıkları sorunların başında süt miktarının yetersiz olması geliyor. Web sitem KellyMom.com’da, üretilen süt miktarı, bebeklerin ne kadar süte ihtiyaçlarının olduğu ve pompalanan miktardaki düşüşler hakkındaki yazılar en çok ziyaret edilen sayfalar. Online KellyMom destek grubunda annelerden bir ayda gelen sorular tarandığında neredeyse üçte birinin sütü çoğaltma yolları ile ilgili olduğu görülüyor.

Üretilen süt miktarı ile ilgili endişeler ebeveynleri ve bebekleri büyük ölçüde etkiliyor. Yorumların birçoğu bu türden:

“Panik yaptım çünkü oğlumu besleyemeyeceğim.”

“Mutsuzum çünkü bebeğimi emziremeyeceğim.”

“Yeteri kadar süt pompalayamayacağım diye hep endişeliyim.”

Ve endişeler süt üretimini artırmakla ilgiliyken, bununla ilgili çok çeşitli ifadeler var:

“Ek besin vermeyi bırakmak istiyorum ama yeteri kadar sütüm yok”

“Sütümü artıracak bir ilaç, bitki veya yiyecek var mı?”

“Emzirmeye devam ederken bebeğe ek besin vermenin en iyi yolu nedir?”

“Bebeğim geceleri daha az emiyor ve bu da süt üretimime etki ediyor.”

“Bebeğim pompaladığımdan daha çok süt içiyor.”

“Mastit geçirdim ve şimdi sütüm azaldı.”

“Emzirmeyi birkaç hafta kestikten sonra geri dönmek mümkün mü?”

“Son bebeğim için yeteri kadar sütüm gelmedi. Bu defa sütümü artırmak için ne yapabilirim?”

“NEDEN daha fazla süt üretmiyorum?”

Bu kitap bu ebeveynler için bir yardım hattıdır. Yazarlar karmaşık olan süt üretimi konularının arasında, en son araştırmaları anlamanıza ve bu araştırmaların sonuçlarının size nasıl uygulanacağını bilmenize yardımcı oluyorlar. Diğer ebeveynlerin benzer sorunlarla nasıl mücadele ettiklerini anlatarak ve size yararlı kaynakları göstererek yolunuzu bulmanızı sağlıyorlar. Yazarlar sırasıyla süt üretiminin nasıl çalıştığını, bir süt üretimi sorununu teşhis etmenin yollarını, düşük süt üretiminin nedenlerini, sütünüzü azaltmadan nasıl takviye mama vereceğinizi, süt üretiminizi maksimize etmenin en iyi yollarını ve kitabın adının da söylediği gibi “sütünü artırmaya” başlamak için neler yapmanız gerektiğini önünüze seriyorlar.

Birçok kişi, emzirme deneyimlerinin gerçekte bekledikleri ya da planladıkları gibi olmadığını görüyor. Ancak yolculuğunuz beklenmedik bir yöne sapsa dahi siz emziren bir ebeveynsiniz. Çocuğunuzun emdiği her bir damla süt yararlıdır. Çocuğunuzun göğsünüzde geçirdiği her an yararlıdır. Emzirmek ya hep ya hiç demek değildir. Herkesin farklı bir emzirme yolculuğu vardır. Emzirme gerçeğiniz başka bir kişininkinden yahut düşündüğünüzden farklı olsa bile bu kitap size, emzirmenin hayatınızda ne anlama geldiğini gösteren kendi resminizi oluşturan rehberiniz olacaktır.

Kendinizi tanımadığınız bir yerde bulduğunuzda, birinci sınıf rehberleri seçtiğinizden emin olmak isteyeceksiniz. Lisa Marasco ve Diana West laktasyon alanında uzmandırlar, emziren ailelerle onlarca yıldır çalışmaktadırlar ve bu konuda kitaplar ve burada sayılamayacak kadar fazla makale yazmışlardır. Konuşmalarını birçok kez dinledim, kitaplarını ve makalelerini okudum. Bu kitabın on binlerce süt üretimi sorunu olan ebeveyne yardımcı olma amacıyla yazılmış doğru, tamamı araştırılmış bilgiler içerdiğini garanti edebilirim.

Bu önsözü yazmam istendiğinde, bu kitabın önceki baskısı masamın üstünde emziren aileler için doğru bilgileri araştırırken başvurduğum kitapların ilk sırasındaydı. Bu güncellenmiş baskı daha da iyi. Umarım kitaptan en az benim kadar öğrenir ve keyif alırsınız.

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ABD

# Teşekkür

Sütünüzü Nasıl Arttırırsınız'ı güncellerken, mümkün olan en iyisini yapmak için birçok meslektaşımızın, arkadaşımızın ve müşterimizin yardımına, deneyimlerine ve uzmanlığına ihtiyacımız oldu. Jan Barger, Cathy Genna, Nancy Mohrbacher, Barbara Robertson, and Diane Wiessinger'a önemli sorunları ortaya çıkardıkları için teşekkür borçluyuz. Uzman katkıları için Maya Bolman, Melissa Cole, Laurie Nommsen- Rivers, Shannon Kelleher, Russ Hovey, Donna Geddes, Jackie Kent, Peter Hartmann, Sharon Perella, Kay Hoover, Robin Glass, Lynn Wolf, Sheila Kingsbury, Hilar

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# Kaynaklar

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