

New Book by Veteran Lactation Consultant Shatters Myths and Offers Real-World Hope for Breastfeeding Mothers

Real Stories, Real Solutions, and Hope for Every Breastfeeding Journey

THE MOTHER-BABY CONNECTION

BREASTFEEDING STORIES



Illustrations by
Crystal Hill

LAURIE CLARK-GRUBBS RN, IBCLC

Winchester, Virginia Jan 13, 2026 (IssueWire.com) - **THE MOTHER-BABY CONNECTION: Breastfeeding Stories** by Laurie Clark-Grubbs, RN, IBCLC, Provides a Compassionate, Practical Guide Forged from 30+ Years on the Front Lines of Patient Care.

In a world saturated with parenting advice that often leaves new mothers feeling anxious and inadequate, a powerful new voice emerges from the trenches. [Laurie Clark-Grubbs, RN, IBCLC](#), a lactation consultant with over three decades of experience, releases **THE MOTHER-BABY CONNECTION: Breastfeeding Stories**, a groundbreaking book that replaces rigid dogma with empathy, evidence, and real-life wisdom.

Endorsed by leading pediatricians and born from thousands of hours of one-on-one consults, this book is not an academic treatise but a lifeline. As Dr. John Farrell of SouthRiding Pediatrics writes in the foreword, "This is not a manual from an Ivory tower academic professor, but a common sense, comprehensive book summarizing the expertise that can only be honed at the bedside."

THE MOTHER-BABY CONNECTION covers every step of breastfeeding, from the basics of latch and positioning to advanced issues like low supply, tongue ties, reflux, mastitis, and more. Clark-Grubbs tackles common misconceptions, including the myth that sore nipples are a normal part of breastfeeding, and offers effective remedies. With a truly original approach, she combines instructional content with touching, anonymized stories from her large client base, showing that every struggle is surmountable and no mother is alone.

Key insights and revelations from the book include:

- **The "Three Ps" of Latching:** Why Patience, Practice, and Perseverance are more critical than perfect technique.
- **The Pump as an Ally:** Why having a pump ready from day one is essential for modern mothers, countering the common advice to avoid them.
- **Debunking "Nipple Confusion":** Clark-Grubbs presents a compelling case that babies are resilient and can successfully transition between breast and bottle with the right tools, like wide-based nipples.
- **Beyond the Physical:** The book courageously addresses often-overlooked issues like Dysphoric Milk Ejection Reflex (D-MER), the impact of maternal stress and thyroid health on supply, and the delicate intersection of breastfeeding with postpartum mood disorders.

"Women are born with the responsibility to do it all. We bear children, we raise them, we multitask and do it well," writes Clark-Grubbs in her dedication. "Maybe this is the reason we work so hard to achieve breastfeeding. It's in our DNA. It never ceases to amaze me, the fortitude and determination of mothers to triumph."

THE MOTHER-BABY CONNECTION is more than a guide; it's a testament to the power of experienced, non-judgmental support. It is an essential resource for expectant and new mothers, doulas, midwives, and healthcare providers seeking to offer science-based, compassionate care that empowers families to meet their feeding goals.

About the Author:

Laurie Clark-Grubbs is a Registered Nurse and International Board Certified Lactation Consultant (IBCLC) with over 31 years of dedicated practice. She has assisted thousands of mothers and babies, establishing herself as a trusted expert known for her realistic, kind, and effective approach. Her work has been the critical difference between failure and success for countless families.

Book Details:

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Media Contact

USA Book Publication

*****@usabookpublication.com

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