



**A day in
the life of a
breastfeeding
toddler**

Saturday with Mez

by Lauren Serafin, Jason Rohrer, and Mez



Good morning. This is a baby named Mez.



He nurses before getting out of bed.



Mez likes to play with pots and pans while Lauren and Jason cook breakfast.



He gets a little bit more breast milk before breakfast.



Then they each eat some oatmeal.



Lauren helps Mez get dressed.



This family has no car. They ride bicycles everywhere.



Mez helps Jason pick out vegetables at the Farmers' Market.



**They stop to say hello
to a dog named Buddy.**



At their food co-op, they pick out some groceries...



...and then pay for them.



At the bakery, they chat with Xris the baker.



Mez wants to nurse before they head home.



At home, Lauren helps Mez out of his bike seat.



Mez plays a little afternoon music.



Then he picks out a book...



...to read with Jason.



**Mez enjoys eating his lentils
with Lauren and Jason.**



Then he nurses to sleep for a nap.



After his nap, Jason takes him out for a ride.



**They see a plum tree and
stop to pick some.**



Mez likes to eat plums.



Back at home, Lauren helps Mez get into his sling.



It's time to think about making dinner.



Mez likes to help Lauren cook.



But he especially likes to eat.



**Before they go to bed,
Mez nurses to sleep.**



Goodnight.

About this Book

Exploring the collection of “baby books” at our local library, we noticed a striking absence of any mention or depiction of breastfeeding. Our child, Mez, seemed particularly attracted to books with photographs, and we found plenty of pictures of babies eating solid foods (like chocolate, ice cream, and even *orange cheese curls*), but no images to which a breastfeeding baby or toddler could relate. Breastfeeding is now recommended by experts across the board, so where are the baby books that depict it? We decided to create one.

The photographs for this book were shot on Saturday, September 4, 2004. To fill gaps in the narrative, extra photographs were shot on Sunday, September 5, 2004. The images were captured with a Sony DSC-F707 digital camera in 2560x1920 JPEG mode. The images were converted to black-and-white using adjustment layers in Adobe Photoshop. Each page was laid out using the illustration program Sketch (now called Skencil), which is free software. The back page was typeset using L^AT_EX, which is also free software.

The pages of this book were printed by Rohrer Corporation in Wadsworth, Ohio. This book was hand-assembled and bound with organic cotton in Potsdam, New York.

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