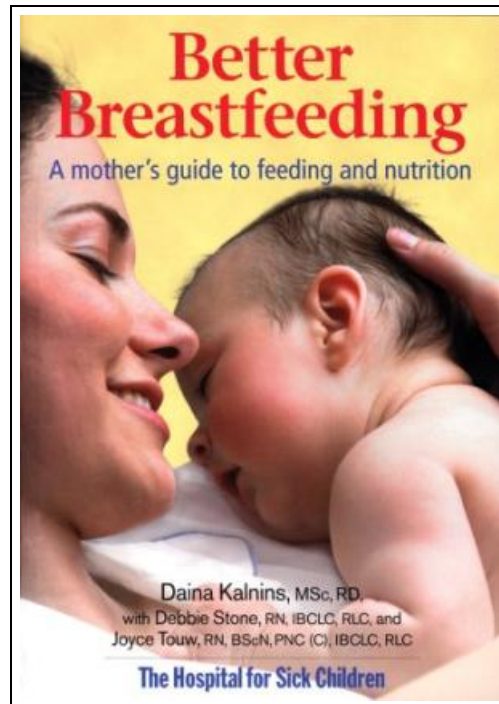


Better Breastfeeding: A Mother s Guide to Feeding and Nutrition (Paperback)



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Reviews

Basically no phrases to clarify. It really is written in straightforward phrases rather than hard to understand. You will not sense monotony at any moment of your own time (that's what catalogues are for concerning if you ask me).
(Doris Beier)

BETTER BREASTFEEDING: A MOTHER'S GUIDE TO FEEDING AND NUTRITION (PAPERBACK)



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ROBERT ROSE INC, Canada, 2007. Paperback. Condition: New. Language: English . Brand New Book. The American Academy of Pediatrics currently recommends that: Breastfeeding should be continued for at least the first year of life and beyond for as long as mutually desired by mother and child. - La Leche League International There are many benefits to breastfeeding, which range from protecting the baby from illness through antibodies to providing comfort and security. There are also a myriad of benefits for the mother, which include everything from the special bonding that takes place to reduced rates of breast and ovarian cancer. Despite a mother's best intentions, breastfeeding can prove to be challenging for both new and experienced mothers. And because many hospitals have reduced or eliminated programs on lactation, many mothers are often left relying on the advice of friends, family or a much too busy obstetrician or pediatrician. In a friendly, informative and easy-to-read manner, Better Breastfeeding addresses the concerns, problems and issues breastfeeding mothers face and answers the most commonly asked questions. Some of the issues that are addressed include: Knowing if the baby is getting enough milk Plugged ducts and breast infection Nursing strike, thrush, and twins or multiples Challenges of latching Sore nipples and engorgement Going back to work. The authors also provide 125 recipes for the breastfeeding mother that serve her unique needs and, ultimately, those of her baby. There is also some research which indicates that a child's taste preferences are influenced by what a mother eats during pregnancy and breastfeeding. Since the flavor of breast milk changes according to the mother's diet, it influences the types of foods the baby is willing to accept and enjoy during weaning to solid foods.



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