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## GUIA PRACTICA DE LA LACTANCIA



JUVENTUD, 2003. Condition: Nuevo. Tomar la decisión de amamantar al bebé requiere algo más que los testimonios, algunas veces contradictorios, de las personas que nos rodean. Este manual práctico ofrece los elementos para conocer la lactancia y sus diversos aspectos: Cómo se produce la leche materna, qué ventajas tiene la lactancia para el bebé y para la madre, cómo se compagina con la vida laboral, cuáles son las posturas correctas para amamantar al bebé? Una guía práctica para las mujeres...

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- Authored by Arias, Diana
- Released at 2003



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