



Pecho o biberón?

By Gimeno Frontera, María del Mar Dolores; Frontera Izquierdo, Pedro

Editorial Síntesis, S. A., 2015. soft. Book Condition: New. Este libro está dedicado a la alimentación de la mujer embarazada y del bebé hasta los seis meses de edad. La alimentación del niño, y sobre todo del bebé, tiene una importancia esencial para su salud, crecimiento y desarrollo. Sus autores ofrecen una respuesta realista y a la vez emocional a la pregunta que se plantea la futura madre: ¿pecho o biberón? Dirigido tanto a los padres como a los profesionales de la salud, el libro expone las dos lactancias posibles, el amamantamiento al pecho y la lactancia artificial con biberón, de una manera científica y objetiva, pero a la vez clara y comprensible. Se aporta así una explicación detallada de datos actualizados así como las normas concretas de las dos lactancias, que permitirán a las futuras madres tomar sus propias decisiones y alimentar a sus bebés de la mejor forma posible, para que crezcan y se desarrollen adecuadamente. Aunque los autores insisten en que la lactancia materna es la natural y la mejor para el bebé, señalan que no se debe menospreciar o desdeñar la lactancia artificial, una buena opción en muchas circunstancias.



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