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Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers (Paperback)

By Nancy Mohrbacher

New Harbinger Publications, United States, 2010. Paperback. Condition: New. 2nd ed.. Language: English . Brand New Book. Breastfeeding may be natural, but that doesn't mean it's easy. Due to a combination of cultural, social, and economic factors, only 74 percent of women breastfeed at the time of hospital discharge, and after six months, that number dwindles to 32 percent. Meanwhile, research proving the health benefits of breastfeeding continues to grow exponentially, and one study even shows that exclusive breastfeeding leads to better and longer sleep at night for parents. The result is a population of new mothers who want to breastfeed but don't know how.

Breastfeeding Made Simple teaches mothers and mothers-to-be seven natural laws for successful breastfeeding. This information is distilled from various fields and up-to-date research and is presented in a practical, straightforward way. This new edition has been updated with the latest research on breastfeeding and includes advice for correcting common problems. Chapters offer guidance for maintaining proper attachment, reducing the pain of nursing, understanding normal breastfeeding patterns, maintaining adequate milk production, weaning, and more. Special situations, such as mothers with breast reductions and infants with special needs, are also addressed by this comprehensive...



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