

In recent years there has been a resurgence of interest in breastfeeding. Yet first-time mothers often lack the support and the knowledge they need. Many of the available books fail to address the practical challenges that confront many women (especially women who work outside the home) when they choose to breastfeed. For these women, The Breastfeeding Book is a godsend -- with comprehensive, reassuring, authoritative information on: -- how to get started, including tips for latching on-- increasing your milk supply-- breastfeeding in absentia-- pumps and the new technology associated with breastfeeding-- making sure your nursing baby gets the nutrition he/she needs

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