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## The Nursing Mother's Companion - 7th Edition: The Breastfeeding Book Mothers Trust, from Pregnancy Through Weaning (7th)

By Kathleen Huggins

Harvard Common Press, U.S. Paperback / softback. Book Condition: new. BRAND NEW, The Nursing Mother's Companion - 7th Edition: The Breastfeeding Book Mothers Trust, from Pregnancy Through Weaning (7th), Kathleen Huggins, Breastfeeding is natural, but it is not entirely instinctive for either mothers or babies. The Nursing Mother's Companion has been among the best-selling books on breastfeeding for over 30 years, with over 1 million copies sold. It is respected and recommended by professionals, including The International Lactation Consultant Association, T. Berry Brazelton and The American Academy of Pediatrics, and is well loved by new parents for its encouraging and accessible style. Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully from the first week through the toddler years, or somewhere in between. This fully updated and revised edition provides information on topics such as: Benefits of breastfeeding How to cope with breastfeeding obstacles and challenges Incorporating a nursing routine into working life Treating postpartum headaches and nausea Nutritional supplements to alleviate postpartum depression Sharing a baby with baby (co-sleeping) and the risk of SIDS Introducing solid foods Expressing, storing, and feeding breast milk Reviews of breast pumps Readers will also find...

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