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Better Breastfeeding: A Mother's Guide to Feeding and Nutrition (Paperback)

By Daina Kalnins, Debbie Stone, Joyce Touw

ROBERT ROSE INC, Canada, 2007. Paperback. Condition: New. Language: English . Brand New Book. The American Academy of Pediatrics currently recommends that: Breastfeeding should be continued for at least the first year of life and beyond for as long as mutually desired by mother and child. - La Leche League International There are many benefits to breastfeeding, which range from protecting the baby from illness through antibodies to providing comfort and security. There are also a myriad of benefits for the mother, which include everything from the special bonding that takes place to reduced rates of breast and ovarian cancer. Despite a mother's best intentions, breastfeeding can prove to be challenging for both new and experienced mothers. And because many hospitals have reduced or eliminated programs on lactation, many mothers are often left relying on the advice of friends, family or a much too busy obstetrician or pediatrician. In a friendly, informative and easy-to-read manner, Better Breastfeeding addresses the concerns, problems and issues breastfeeding mothers face and answers the most commonly asked questions. Some of the issues that are addressed include: Knowing if the baby is getting enough milk Plugged ducts and breast infection Nursing strike, thrush, and twins...



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