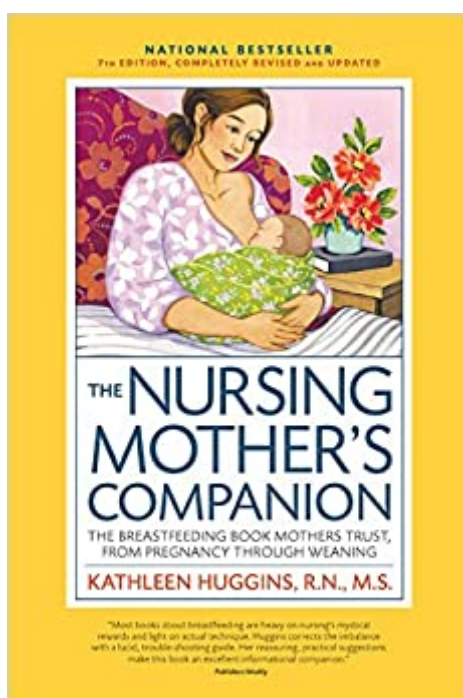


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# The Nursing Mother's Companion, 7th Edition, With New Illustrations: The Breastfeeding Book Mothers Trust, From Pregnancy Through Weaning



## Synopsis

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 more than 30 years, with more than 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 bed 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 Huggins's indispensable problem-solving "survival guides" set off by colored bands on the pages for quick reference, as well as appendices on determining baby's milk needs in the first six weeks and the safety of various drugs during breast-feeding. In addition, this edition opens with a new Foreword by Jessica Martin-Weber, creator of the very popular website The Leaky Boob and a new Preface by Kelly Bonata, creator of the go-to site KellyMom. These two much-loved authorities speak to the importance of owning an authoritative breastfeeding book that cuts through the jumble of opinions, information, and misinformation on the Web. Now more than ever, The Nursing Mother's Companion is the go-to guide every new mother should have at hand.

## Book Information

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## Customer Reviews

Kathleen Huggins is a registered nurse and board-certified lactation consultant who is widely recognized as one of the pioneers in establishing the lactation consultant discipline as a core component of maternal-child health care in US hospitals. She established this reputation by creating and running a model breastfeeding clinic at San Luis Obispo General Hospital in California; by lecturing widely to professional peers and hospital administrators; and through her book *The Nursing Mother's Companion*. She has also co-authored *The Nursing Mother's Guide to Weaning* and *Nursing Mother, Working Mother*. She lives in San Luis Obispo, where she currently runs a new mothers' store, *Simply MaMa*. She continues to lecture widely in the healthcare and lactation-consultant arenas.

I find this book practical and reassuring. It says specifically they are not here to please or promote anything and it really was helpful. I just wish I had it prior to having my little one. The book is easy to read and I found myself skipping to my current needs and going back to understand some other things I had questions about. I would still recommend (as the book does as well) to see an in person lactation consultant but this book has great information. Definitely a good purchase.

Really quick and easy read; I finished skimming the whole book in a day. I will definitely be keeping this in the nursery for quick reference!! already took a breastfeeding class and our instructor actually recommended this book. It covers everything learned in class and more. I would highly recommend to any parent to be!

A book I read. 21 years ago and still appreciate all the info.

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