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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 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 The Nursing Mother's Companion Kathleen Huggins,2007-04-06 Huggins has extensively revised and updated this 25th anniversary edition of her accessible and authoritative guide to breastfeeding to equip nursing mothers with all the information they need to overcome difficulties and nurse their babies successfully **Nursing Mothers Companion** Ramboro Books,1997-06 *The Nursing Mother's Breastfeeding Diary* Kathleen Huggins,2007-04-06 A daily log that enables nursing mothers to easily keep track of feeding times as well as naps and diaper changes lovely design with inspirational quotes throughout If you re like most mothers you ll gain a sense of security in tracking your newborn s feeding and diapers The Nursing Mother s Companion Breastfeeding Diary will help you make sure your baby is getting enough milk know which breast to start the next feeding on and record any pumpings or supplemental feedings For every day of your baby s first two months you ll also find an inspiring quote and timely practical advice from two long time lactation specialists You ll have space each day too for writing down thoughts on motherhood memories milestones or questions and concerns to share with the baby s doctor More than a log book The Nursing Mother s Companion Breastfeeding Diary can become a keepsake of your first precious weeks with your baby Nursing Mother's Companion - 6th Edition Kathleen Huggins,2010-09-17 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 25 years and is respected and recommended by professionals and 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 extensively revised edition provides new information on topics such as Nursing after a cesarean How to resume breastfeeding after

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Brown,2009-03-17 This collection of informative essays offers practical advice for new mothers who are planning to breastfeed Co authored by two experienced lactation consultants it features the best of their breastfeeding expertise and presents it in 25 concise and sometimes humorous essays      **The Fourth Trimester Companion** Cynthia

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Mother's Guide to Weaning - Revised Kathleen Huggins, Linda Ziedrich, 2010-09-17 For many women the most challenging part of nursing is bringing it to an end Whether you are considering weaning or trying to wean this book will help you understand the hygienic nutritional and emotional concerns that make weaning such an important transition in a child's life This fully revised guide covers Weaning a child who is a few weeks several months or several years old Solving nursing difficulties so you can delay weaning if you choose Introducing bottles selecting formula and preparing it safely Book jacket

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