



Breastfeeding Answers Made Simple: A Guide for Helping Mothers

Nancy Mohrbacher

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Breastfeeding Answers Made Simple explains what you need to know about both cutting-edge and classic breastfeeding research to most effectively help mothers. The international studies described include those on birth practices and breastfeeding, skin-to-skin contact, laid-back breastfeeding, making milk, as well as on a wide range of unusual situations. Specific problem-solving strategies are included along with insights into the emotional dynamics at work. Written for all levels of expertise, from beginners to advanced practitioners, it is the ideal resource for all settings: hospitals, clinics, medical practices, public health offices, and communities. Every chapter has been reviewed by world-class experts in the field, so it can be used with confidence. This up-to-date and complete guide provides the information you need to help mothers achieve a satisfying breastfeeding relationship with their babies and empower them to meet their breastfeeding goals.

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