

Nursing Your Baby 4e

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NURSING YOUR BABY

"The bible on
breastfeeding."
—New York Times,
on the third edition

FOURTH EDITION COMPLETELY REVISED AND UPDATED



- The latest research
- Simple steps to succeed
- Returning to work
- Your legal rights
- Nursing beyond the first weeks

KAREN PRYOR
& GALE PRYOR

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For more than 40 years, mothers have depended on the wisdom and warmth of *Nursing Your Baby*. Now authors Karen Pryor and her daughter Gale Pryor have revised and updated their classic guide for today's generation of women. New information includes: Up-to-date studies on health benefits for breastfed infants and breastfeeding mothers Tips for getting the best start on breastfeeding during the first hours, weeks, and months after birth Breastfeeding advice for working mothers Legal rights as a nursing mother Choosing and using a breast pump How fathers and families can support new nursing mothers With its unique blend of support, science, and research, this classic guide will continue to encourage mothers to nurse their babies as long as they both desire.

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