

The Complete Book of Breastfeeding



[The Complete Book of Breastfeeding 下载链接1](#)

著者:Marvin S. Eiger,Sally Wendkos Olds

出版者:

出版时间:1987-2

装帧:

isbn:9780894801532

Review "Breast may be best, but it doesn't always come naturally. Your odds for success can be significantly increased by the practical advice in, and warm support of, this valuable book."--Arlene Eisenberg and Heidi Eisenberg Murkoff, authors of What to Expect When You're Expecting "A skillful blend of professional expertise and practical advice."--Betty L. Crase, IBCLC, former Director of the Center for Breastfeeding Information, La Leche League International --This text refers to the Mass Market Paperback edition. Product Description The classic guide to breastfeeding, now updated for another generation of mothers This totally revised third edition of The Complete Book of Breastfeeding provides everything you need to know to make nursing your baby a deeply rewarding experience. Dr. Marvin Eiger, a nationally known pediatrician and breastfeeding authority, and Sally Wendkos Olds, an award-winning medical writer who nursed her own three children, provide the latest information on: The new breastfeeding guidelines issued by the American Academy of Pediatrics Proven new health benefits of breastfeeding--for mother and baby What to do before the baby arrives Sexuality during the nursing period Breastfeeding and the working mother Expressing and pumping milk--a complete step-by-step guide How to build a support system including your husband, family, friends, and other nursing mothers--and when to seek help from a lactation expert--PLUS--Expert advice on positioning the baby, night feedings, drugs to avoid while nursing, nutrition, weaning, exercise, weight loss, a special section for dad, and much more --This text refers to the Mass Market Paperback edition. See all Editorial Reviews

作者介绍:

目录:

[The Complete Book of Breastfeeding_ 下载链接1](#)

标签

评论

[The Complete Book of Breastfeeding_ 下载链接1](#)

书评

[The Complete Book of Breastfeeding_ 下载链接1](#)