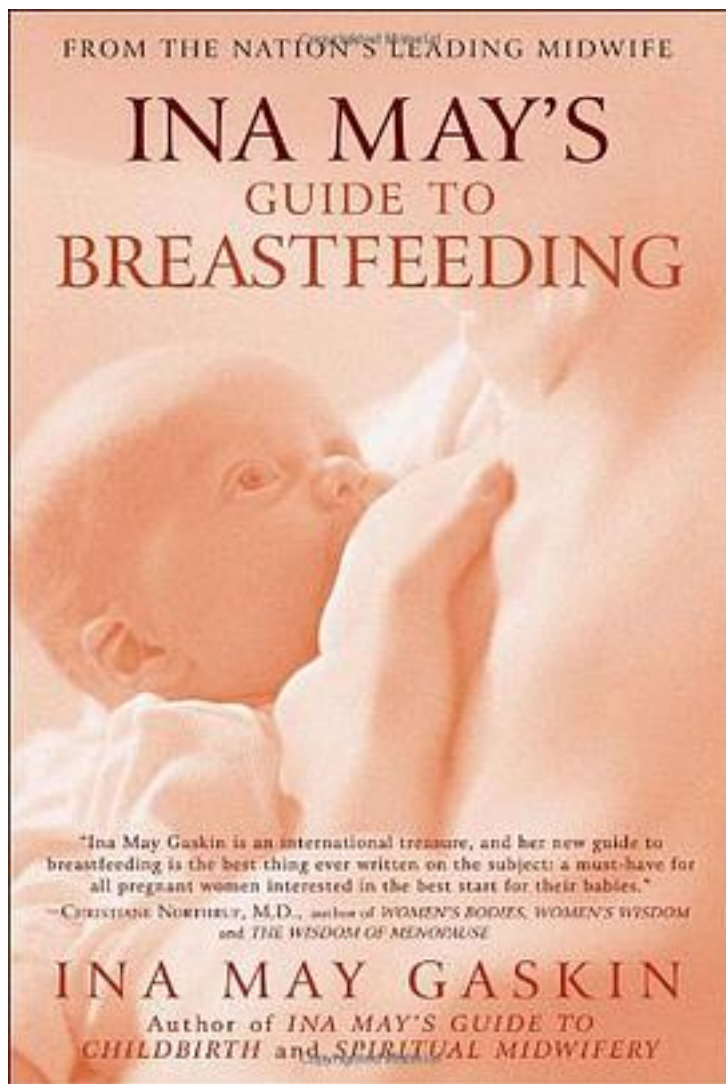


Ina May's Guide to Breastfeeding



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Everything you need to know to make breastfeeding a joyful, natural, and richly fulfilling experience for both you and your baby

Drawing on her decades of experience in caring for pregnant women, mothers, and babies, Ina May Gaskin explores the health and psychological benefits of breastfeeding and gives you invaluable practical advice that will help you nurse your baby in the most fulfilling way possible. Inside you'll find answers to virtually every question you have on breastfeeding, including topics such as

- the benefits of breastfeeding
- nursing challenges
- pumps and other nursing products
- sleeping arrangements
- nursing and work
- medications
- nursing multiples
- weaning
- sick babies
- nipplephobia, and much more

Ina May's Guide to Breastfeeding is filled with helpful advice, medical facts, and real-life stories that will help you understand how and why breastfeeding works and how you can use it to more deeply connect with your baby and your own body. Whether you're planning to nurse for the first time or are looking for the latest, most up-to-date expert advice available, you couldn't hope to find a better guide than Ina May.

作者介绍:

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标签

评论

只看了一部分，三个月之后的trouble shooting时间到了再看吧。作者本身是母乳的推崇者所以前三章用了都是在说母乳是多么好——感觉是废话。其他的部分还是有信息量的。对母乳喂养一无所知的人来说还是可以学到不少。

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书评

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