

# The National Childbirth Trust Book Of Breastfeeding - Mary Smale

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There is no doubt that breast is best and it is the most natural way of feeding your baby. The majority of mothers approach breastfeeding with an optimism and a desire to succeed but in many cases this soon disintegrates into failing milk supplies and sore nipples. No one ever tells you how difficult and painful it can be. is the usual cry from a new mother. Now you can have help permanently on hand in your own home. Fully updated and packed with practical advice on every aspect of breastfeeding - from positioning your baby correctly and latching-on to timing and successful weaning - THEN NATIONAL CHILDBIRTH TRUST BOOK OF BREASTFEEDING offers solutions to the kind of day-day problems and emotional concerns that affect breastfeeding women every day. Written by a counsellor with fifteen year experience and published in association with Britain's largest childbirth charity, this book will give you the confidence to make your baby's first months happy and trouble-free for both of you. Author: Smale, Mary Publisher: Ebury Digital Illustration: N Language: ENG Title: The National Childbirth Trust Book Of Breastfeeding Pages: 00224 (Encrypted EPUB) On Sale: 2011-08-31 SKU-13/ISBN: 9780091825690 Category: Family & Relationships : General Category: Health & Fitness : General

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