



Simple Breastfeeding Tips: Understanding the Nuances of Breastfeeding

Nadia Todd

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There's nothing like a good book on breastfeeding; even if it is not your first baby. There is always something more to be learned about it. "Simple Breastfeeding Tips - Understanding the Nuances of Breastfeeding" covers an array of breastfeeding situations. If you've never done it before, you will find this book to be quite helpful because it is written not only to give you the basics, but other scenarios that mothers typically come across such as challenges that can occur with breastfeeding. If you are in a situation where you need to go back to work, how do you express and store the milk? You will get tips on doing that. What if you have twins? There are techniques for handling that as well. The advantages to breastfeeding are enormous for both mom and child. You will also enjoy an entire chapter on interesting miscellaneous facts in relation to breastfeeding. This book is a gem.

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