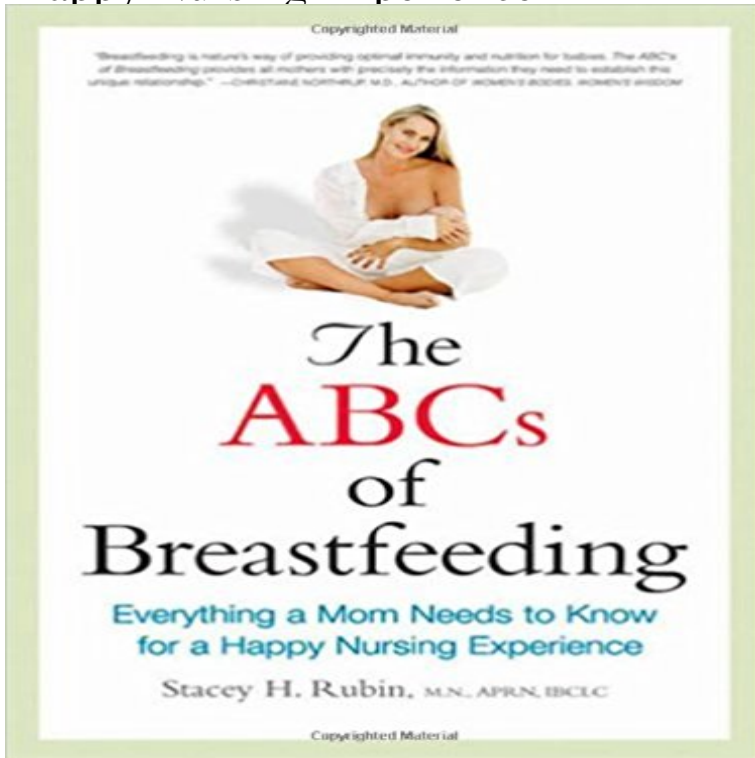


# The ABCs of Breastfeeding: Everything a Mom Needs to Know for a Happy Nursing Experience



La Leche League approves ABCs of Breastfeeding for their store! For the new mom and her baby, breastfeeding provides countless physical and emotional benefits. Breast milk provides proper nourishment, helps strengthen a baby's immune system, and deepens the mother-child bond. However, breastfeeding doesn't always happen as naturally as one might expect. As a Neonatal Practitioner and Board Certified Lactation Consultant (and mother of two), Stacey H. Rubin knows the difficulties new moms can experience. Now, in *The ABCs of Breastfeeding*, she offers a practical and reader-friendly guide that will help every new mother feel comfortable and confident about feeding her baby. From pregnancy to weaning, this helpful book will show nursing mothers how to: find a doctor who is breastfeeding-friendly hold their baby comfortably after birth recognize the signs that a baby wants to be fed take necessary steps that will prevent breastfeeding difficulties build a healthy milk supply manage the right diet continue breastfeeding immediately after returning to work know when to stop breastfeeding. Illustrated with real-life stories from the author's own private practice of women who have overcome common and not-so-common breastfeeding difficulties, *The ABCs of Breastfeeding* will help expectant and new mothers turn their nursing experiences into a joyful one for themselves and their new babies.

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