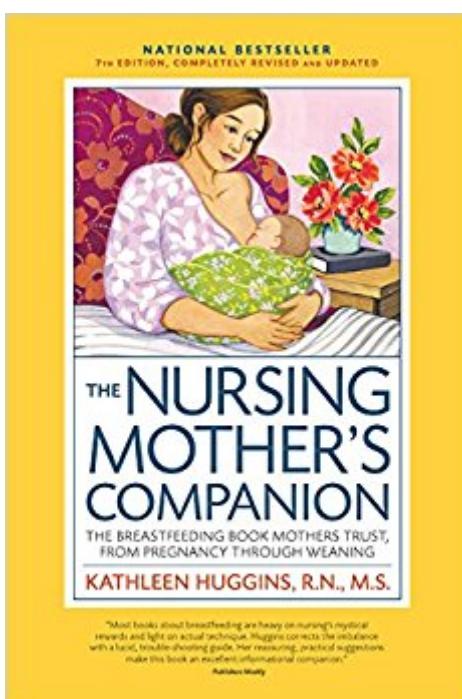


The book was found

# The Nursing Mother's Companion, 7th Edition, With New Illustrations: The Breastfeeding Book Mothers Trust, From Pregnancy Through Weaning



## Synopsis

Breastfeeding is natural, but it is not entirely instinctive for either mothers or babies. The Nursing Mother's Companion has been among the best-selling books on breastfeeding for more than 30 years, with more than 1 million copies sold. It is respected and recommended by professionals, including The International Lactation Consultant Association, T. Berry Brazelton and The American Academy of Pediatrics, and is well loved by new parents for its encouraging and accessible style. Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully from the first week through the toddler years, or somewhere in between. This fully updated and revised edition provides information on topics such as:- Benefits of breastfeeding- How to cope with breastfeeding obstacles and challenges- Incorporating a nursing routine into working life- Treating postpartum headaches and nausea- Nutritional supplements to alleviate postpartum depression- Sharing a bed with baby (co-sleeping) and the risk of SIDS- Introducing solid foods- Expressing, storing, and feeding breast milk- Reviews of breast pumps Readers will also find Huggins's indispensable problem-solving "survival guides" set off by colored bands on the pages for quick reference, as well as appendices on determining baby's milk needs in the first six weeks and the safety of various drugs during breast-feeding. In addition, this edition opens with a new Foreword by Jessica Martin-Weber, creator of the very popular website The Leaky Boob and a new Preface by Kelly Bonata, creator of the go-to site KellyMom. These two much-loved authorities speak to the importance of owning an authoritative breastfeeding book that cuts through the jumble of opinions, information, and misinformation on the Web. Now more than ever, The Nursing Mother's Companion is the go-to guide every new mother should have at hand.

## Book Information

Paperback: 448 pages

Publisher: Harvard Common Press; 7 edition (July 15, 2017)

Language: English

ISBN-10: 1558328823

ISBN-13: 978-1558328822

Product Dimensions: 6.1 x 1.4 x 9.1 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 3 customer reviews

Best Sellers Rank: #38,627 in Books (See Top 100 in Books) #90 in Books > Health, Fitness &

## Customer Reviews

Kathleen Huggins is a registered nurse and board-certified lactation consultant who is widely recognized as one of the pioneers in establishing the lactation consultant discipline as a core component of maternal-child health care in US hospitals. She established this reputation by creating and running a model breastfeeding clinic at San Luis Obispo General Hospital in California; by lecturing widely to professional peers and hospital administrators; and through her book *The Nursing Mother's Companion*. She has also co-authored *The Nursing Mother's Guide to Weaning* and *Nursing Mother, Working Mother*. She lives in San Luis Obispo, where she currently runs a new mothers' store, Simply MaMa. She continues to lecture widely in the healthcare and lactation-consultant arenas.

I find this book practical and reassuring. It says specifically they are not here to please or promote anything and it really was helpful. I just wish I had it prior to having my little one. The book is easy to read and I found myself skipping to my current needs and going back to understand some other things I had questions about. I would still recommend (as the book does as well) to see an in person lactation consultant but this book has great information. Definitely a good purchase.

Really quick and easy read; I finished skimming the whole book in a day. I will definitely be keeping this in the nursery for quick reference! I already took a breastfeeding class and our instructor actually recommended this book. It covers everything learned in class and more. I would highly recommend to any parent to be!

A book I read 21 years ago and still appreciate all the info.

[Download to continue reading...](#)

The Nursing Mother's Companion, 7th Edition, with New Illustrations: The Breastfeeding Book  
Mothers Trust, from Pregnancy Through Weaning Difficult Mothers: Difficult Mothers Cure: Toxic Relationships With Narcissistic Mothers Understood And Overcome Forever! (Difficult Mothers, narcissistic ... absent mother, narcissist relationship) Trust: Mastering the Four Essential Trusts: Trust in Self, Trust in God, Trust in Others, Trust in Life The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning A Guide To Having A Healthy

Vegan Pregnancy and Breastfeeding: Transitioning to and Maintaining an Ethical Plant-Based Vegan Lifestyle When Pregnant and Breastfeeding I Love You Mom! Floral and Gardening Coloring Book for All Ages: Mother's Day Gifts in all Departments; Mothers Day Gifts in al; Mother's Day in ... Gifts from Son in al; Mothers Day Gifts in al 101 Nursing Basics for New Moms About Breastfeeding: Benefits of Breastfeeding Baby-Led Weaning: A simple step by step guide to baby-led weaning Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers Getting Pregnant While Breastfeeding: Breastfeeding While Pregnant Breastfeeding: A Guide for the Medical Profession, 6e (Breastfeeding (Lawrence)) Breastfeeding And Human Lactation (Riordan, Breastfeeding and Human Lactation) You're Not Crazy - It's Your Mother: Understanding and Healing for Daughters of Narcissistic Mothers (Daughters Of Narcissistic Mothers Book 1) Breastfeeding Answers Made Simple: A Guide for Helping Mothers The Complete Guide to Medications During Pregnancy and Breastfeeding: Everything You Need to Know to Make the Best Choices for You and Your Baby Natural Birth: A Holistic Guide to Pregnancy, Childbirth, and Breastfeeding The Mindful Way through Pregnancy: Meditation, Yoga, and Journaling for Expectant Mothers The married woman's private medical companion: Embracing the treatment of menstruation ... pregnancy ... discovery to prevent pregnancy ... to prevent miscarriage or abortion The Married Woman's Private Medical Companion, Embracing the Treatment of Menstruation ... Pregnancy and how it May be Determined ... Discovery to Prevent Pregnancy...Causes and Mode of Cure of Barrenness or Sterility. The Breastfeeding Mother's Guide to Making More Milk: Foreword by Martha Sears, RN (Family & Relationships)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)