

## The ABCs of breastfeeding: everything a mom needs to know for a happy nursing experience

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### Abstrak

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; and, 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.