



The Everything Breastfeeding Book: The helpful, reassuring advice and practical information you need for a comfortable and confident nursing experience (Everything®)

Suzanne Fredregill, Ray Fredregill

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You know that breastfeeding is good for your baby--but nursing doesn't always come easy and it can often leave you feeling frustrated and overwhelmed. But The Everything Breastfeeding Book, 2nd Edition is here to help! This friendly, accessible guide helps you make the best choices for you and your baby. It features balanced, practical information on:

- Finding the most comfortable positions
- Managing pain and swelling
- Establishing a feeding routine
- Pumping and milk storage
- What to do if your baby is resistant

This updated edition of a parenting classic also includes all-new information on BPA bottle safety, legislation, and tips from real moms who've succeeded. Packed with advice on every aspect of breastfeeding--from latching on to weaning baby off the breast--The Everything Breastfeeding Book, 2nd Edition is every new mom's best friend.



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Robert Tyson:

Often the book The Everything Breastfeeding Book: The helpful, reassuring advice and practical information you need for a comfortable and confident nursing experience (Everything®) has a lot of knowledge on it. So when you read this book you can get a lot of profit. The book was written by the very famous author. The writer makes some research prior to write this book. That book very easy to read you will get the point easily after perusing this book.

Derek Winter:

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Jodi Dauphin:

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