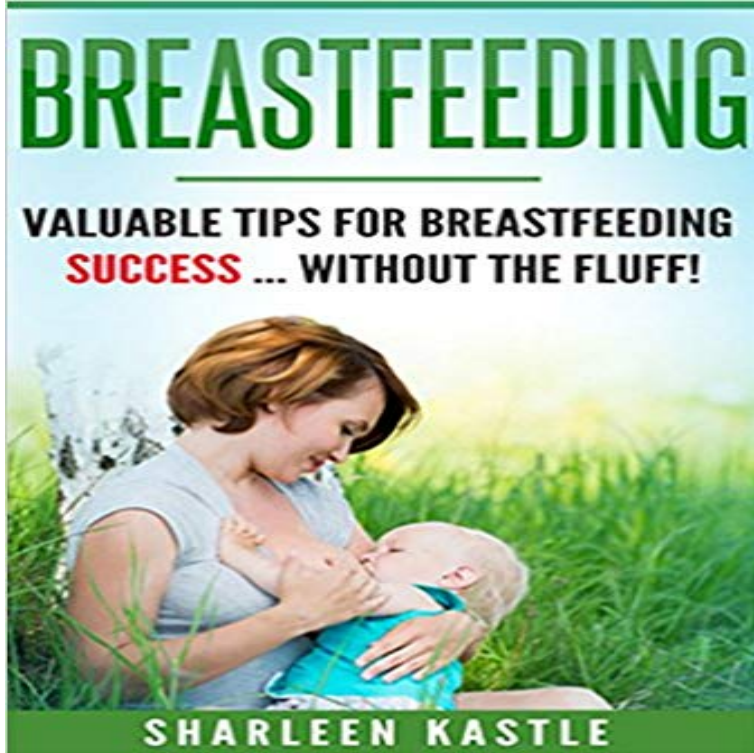


BREASTFEEDING: Valuable Tips for Breastfeeding Success ... Without the Fluff (Parenting Series Book Book 3)



Breastfeeding is one of the most sacred undertakings any lactating mother could grant to her child. This book is the right breastfeeding guide that enables you to become that good caring mother to your loved baby. This is a book with plenty of breastfeeding tips that makes it easy for you to carry out breastfeeding with confidence. The book is divided into 9 Chapters; 1. Understanding the Biology Behind Breast Milk 2. The Importance of Breast Milk 3. How to Breastfeed 4. Breastfeeding Positions 5. Taking Care of Your Breast-milk Supply: Too Much or Too Little? 6. Common Breastfeeding Problems 7. Engorgement Problems 8. Plugged Ducts 9. Nursing Strike Challenge Understanding the biological process leading to your ladder ballooning with your babys most important diet breast milk, helps you take good care of your lactation for the best of your health and that of your beloved baby. Chapter 1 provides with this special information. Due to lack of knowledge and appreciation of the importance of mothers milk, many modern mothers assume that breast milk can be replaced with other kinds of milk. This milk, unlike any other milk, has the right ingredient, the right temperature and right quantity that not only ensures that your baby is enjoying it but also gets sufficient balanced diet, immunity against common allergies and diseases, optimal brain and bone formation and prevention against onset of obesity, among others. These and many other benefits to your baby are explained in detail in Chapter 2. You too can greatly benefit for breastfeeding. Studies have proven that breastfeeding mothers are less prone to post-natal stress disorders. Thus, breastfeeding is not only good to your baby but you too. Right posture is important to both you and your baby getting maximum enjoyment out of breastfeeding. The right posture ensures that your baby does not get chocked,

strained or sucks in lots of bloating air while breastfeeding. It also ensures that you do not get tired or injured while breastfeeding. Chapter 3 provides different feedings positions that ensure both of you have comfort and enjoyment. While nature endows you with milk for your baby, in most cases, the supply and demand are usually in equilibrium. However, in certain situations, due to many unnatural factors, your milk could be less than enough for your babys demands or sometime even too much. Chapter 5 provides the best breastfeeding basics you need to master whenever there is a mismatch between the supply and demand in your milk output. Breastfeeding, being a part of life, is not devoid of some challenges. The commonest breastfeeding challenges that mothers encounter include engorgement problems, plugged duct and nursing strike, among many others. Chapters 6, 7, 8 and 9 are dedicated to tackling these problems, some of which dissuade breastfeeding mothers from granting their babies their deserved natural heritage a mothers milk. If you really wanted to have breastfeeding made simple, then this breastfeeding guide is all you need. From breastfeeding basics to breastfeeding tips, you are assured of breastfeeding with confidence.

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