



Breastfeeding and Bottle-feeding: an easy-to-follow guide (Easy-To-Follow Guides)

Naia Edwards

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From the leading publishers of parenting books comes a brand new series of beautifully illustrated and easy-to-follow guides covering all the essential phases of childcare.

Breastfeeding a baby may appear simple but the practicalities of getting your baby to nurse well, in a manner that is comfortable for you both, can be difficult for many mothers. With gentle, practical and reassuring advice, this book offers support and guidance on every aspect of breastfeeding, from positioning and latching a baby onto the breast to expressing and troubleshooting common problems. And for mothers who are unable or choose not to breastfeed it offers helpful advice on how to bottle-feed successfully.

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