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—*Journal of Human Lactation*

The Breastfeeding Sourcebook

second edition



**Everything you need
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The benefits of breastfeeding
versus bottle-feeding

◆
Common problems such as
engorgement, mastitis,
and other pains

◆
Infant ailments such as colic,
jaundice, and slow weight gain

◆
Workplace issues

◆
Breastfeeding, sexuality,
and fertility

M. Sara Rosenthal
author of *The Pregnancy Sourcebook*

Foreword by Gillian Arsenault,
M.D., M.H.Sc., IBCLC, FRC.P.

Breastfeeding Sourcebook

Joyce Brennfleck Shannon



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Breastfeeding Sourcebook Jenni Lynn Colson, 2002 Basic Consumer Health Information about the Benefits of Breastmilk Preparing to Breastfeed Breastfeeding as a Baby Grows Nutrition and More Including Information on Special Situations and Concerns Such as Mastitis Illness Medications Allergies Multiple Births Prematurity Special Needs and Adoption Along with a Glossary and Resources for Additional Help and Information

The Breastfeeding Movement Lakshmi Menon, World Alliance for Breastfeeding Action, 2003

Breastfeeding Source Book Marilyn Grams, 1988 Abstract This book provides advice references and referrals for parents who are planning to breastfeed their baby babies Practical methods and techniques of nursing and all associated supplies and accessories are discussed This publication includes information on getting started with breastfeeding guidelines for choosing breast pumps nursing pads and accessories sources for nursing fashions and a directory of organizations throughout the U S which provide help with breastfeeding This book is useful for mothers fathers nurses doctors dieticians librarians LaLeche League leaders childbirth educators and lactation consultants

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The Breastfeeding Sourcebook M. Sara Rosenthal, 1996-09 Discusses breastfeeding in detail and what it demands in time commitment and diet Explains how to prepare and enjoy this extraordinary part of motherhood

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