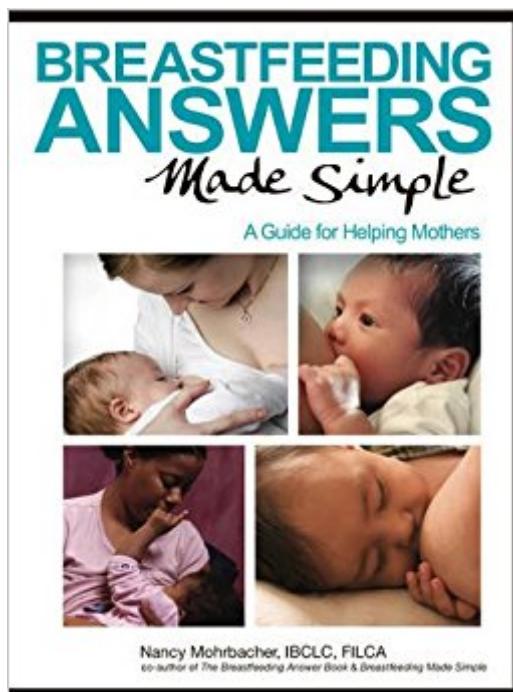


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# Breastfeeding Answers Made Simple: A Guide For Helping Mothers



## **Synopsis**

Breastfeeding Answers Made Simple explains what you need to know about both cutting-edge and classic breastfeeding research to most effectively help mothers. The international studies described include those on birth practices and breastfeeding, skin-to-skin contact, laid-back breastfeeding, making milk, as well as on a wide range of unusual situations. Specific problem-solving strategies are included along with insights into the emotional dynamics at work. Written for all levels of expertise, from beginners to advanced practitioners, it is the ideal resource for all settings: hospitals, clinics, medical practices, public health offices, and communities. Every chapter has been reviewed by world-class experts in the field, so it can be used with confidence. This up-to-date and complete guide provides the information you need to help mothers achieve a satisfying breastfeeding relationship with their babies and empower them to meet their breastfeeding goals.

## **Book Information**

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## **Customer Reviews**

Nancy Mohrbacher, IBCLC, FILCA, is author of breastfeeding books for professionals and parents and speaks at events worldwide. She has been helping breastfeeding mothers since 1982. For 10 years, she ran a private lactation practice in Chicago, where she worked one-on-one with thousands of families.

I was not expecting such a large, heavy text! But it is great for getting those answers when you have breastfeeding related questions. I have the LLL Breastfeeding Answer book which I use quite

frequently. There is a lot of similarity between the two books, but I know I will use both. I keep one at work, and the other at home. Thank you to the author for keeping breastfeeding as simple as possible. The author's other book named "Breastfeeding Made Simple" is one of my faves of all time. I have been a nurse for 35 years and I am IBCLC, and I continue to learn so much from Nancy's books. I highly recommend this book, as well as her others.

great with bf questions

An excellent, thorough, breastfeeding resource book. This is a book for breastfeeding helpers, health care professionals, and peer supporters. It is NOT the book I would recommend for a new mother (Nancy Mohrbacher's Breastfeeding Made Simple is perfect for a new mom). The information is backed by research, with references given for everything. The index is extensive. I like that there is a side-bar on each page highlighting the most important information for each section, making it easy to find what you are looking for.

This is an excellent resource for any Breastfeeding Counsellor, LLL Leader or Lactation Consultant. There are quick hints next to each paragraph and a comprehensive index to help you find any answers to questions from breastfeeding moms.

This book was required reading for a breastfeeding course. The information is phenomenal and more women should know these things, but not a light read. I will keep it on hand because the amount of fact-based information it contains is invaluable.

This book is huge and full of information on every page, with a much better organized index and less repetition than the Breastfeeding Answer Book. It is excellent and indispensable for those who support and provide information for breastfeeding mothers.

A terrific reference book. I bought it when my daughter was diagnosed with thyroid cancer and needed information about continuing breastfeeding her baby.

Quintessential resource for lactation consultants, maternity nurses, midwives, or in my case La Leche League leaders. Very easy to read, everything you could ever need to know about breastfeeding!

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