



Dr. Jack Newman's Guide to Breastfeeding

Jack Newman, Teresa Pitman

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Breastfeeding is healthy and natural, but it's not always easy. Dr. Jack Newman, a leading authority on infant care, and Teresa Pitman, former executive director of La Leche League Canada, have the answers that many new mothers are looking for. From achieving a good "latch" to dealing with jaundiced or colicky babies to coping with breast pain and surgeries, *Dr. Jack Newman's Guide to Breastfeeding* includes information on every question a nursing mother could have.

If you're expecting, nursing your newborn or wondering about when to wean your toddler, this is the guide you need, for your first baby or your fourth.



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