



The ABCs of Breastfeeding: Everything a Mom Needs to Know for a Happy Nursing Experience

Stacey H. Rubin M.N. APRN IBCLC

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La Leche League approves ABCs of Breastfeeding for their store!

For the new mom and her baby, breastfeeding provides countless physical and emotional benefits. Breast milk provides proper nourishment, helps strengthen a baby's immune system, and deepens the mother-child bond. However, breastfeeding doesn't always happen as naturally as one might expect. As a Neonatal Practitioner and Board Certified Lactation Consultant (and mother of two), Stacey H. Rubin knows the difficulties new moms can experience. Now, in *The ABCs of Breastfeeding*, she offers a practical and reader-friendly guide that will help every new mother feel comfortable and confident about feeding her baby. From pregnancy to weaning, this helpful book will show nursing mothers how to:

find a doctor who is breastfeeding-friendly • hold their baby comfortably after birth • recognize the signs that a baby wants to be fed • take necessary steps that will prevent breastfeeding difficulties • build a healthy milk supply • manage the right diet • continue breastfeeding immediately after returning to work • know when to stop breastfeeding

Illustrated with real-life stories from the author's own private practice of women who have overcome common and not-so-common breastfeeding difficulties, *The ABCs of Breastfeeding* will help expectant and new mothers turn their nursing experiences into a joyful one—for themselves and their new babies.

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