



# Ina May's Guide to Breastfeeding

*Ina May Gaskin*

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## **Ina May's Guide to Breastfeeding** Ina May Gaskin

*Everything you need to know to make breastfeeding a joyful, natural, and richly fulfilling experience for both you and your baby*

Drawing on her decades of experience in caring for pregnant women, mothers, and babies, Ina May Gaskin explores the health and psychological benefits of breastfeeding and gives you invaluable practical advice that will help you nurse your baby in the most fulfilling way possible. Inside you'll find answers to virtually every question you have on breastfeeding, including topics such as

- the benefits of breastfeeding
- nursing challenges
- pumps and other nursing products
- sleeping arrangements
- nursing and work
- medications
- nursing multiples
- weaning
- sick babies
- nipplephobia, and much more

**Ina May's Guide to Breastfeeding** is filled with helpful advice, medical facts, and real-life stories that will help you understand how and why breastfeeding works and how you can use it to more deeply connect with your baby and your own body. Whether you're planning to nurse for the first time or are looking for the latest, most up-to-date expert advice available, you couldn't hope to find a better guide than Ina May.

*From the Trade Paperback edition.*

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