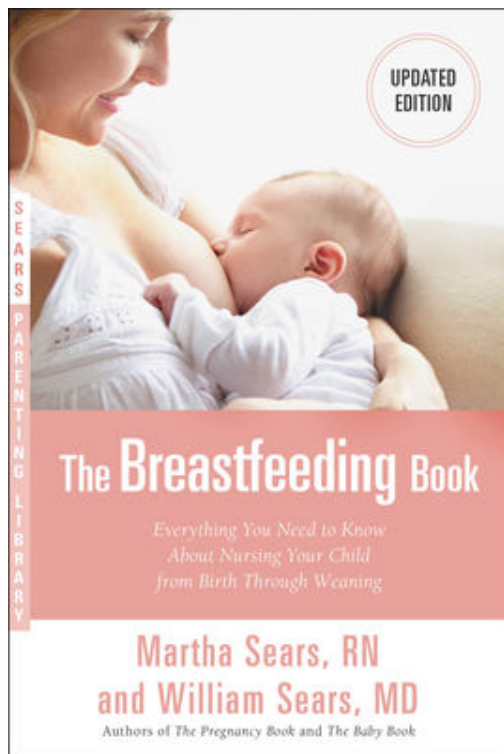


Descargar libros gratis The Breastfeeding Book - Martha Sears & William Sears DBSBOOK



A fully revised edition of the Dr. Sears guide to breastfeeding, a perennial favorite for parents for nearly two decades.

From pediatric experts Martha Sears, R.N., and William Sears, M.D., a comprehensive, reassuring, authoritative information on:

How to get started breastfeeding, with illustrated tips for latching on
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Breastfeeding when working away from home
Pumps and other technology associated with breastfeeding
Making sure your nursing baby gets optimum nutrition, including the most recent information about the importance of omega-3 fatty acids and "milk-oriented microbiota"
Nutrition and fitness for moms
Nighttime breastfeeding
Breastfeeding and fertility
Toddler nursing and weaning
Special circumstances
And much more...

Breastfeeding contributes to nurturing a smarter and healthier baby, and a healthier and more intuitive mommy. Isn't that what every child needs, and every parent wants?

Title	: The Breastfeeding Book
Author	: Martha Sears & William Sears
Categoría	: Salud y forma física
Publicación	: 16/11/2008
Editorial	: Little, Brown and Company
Vendedor	: Hachette Book Group Hachette Digital, Inc.
Páginas impresas	: 288 páginas
File Size	: 10.24MB

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