



# **The Nursing Mother's Companion - 7th Edition: The Breastfeeding Book Mothers Trust, from Pregnancy through Weaning**

*Kathleen Huggins*

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Breastfeeding is natural, but it is not entirely instinctive for either mothers or babies. **The Nursing Mother's Companion** has been among the best-selling books on breastfeeding for over 30 years, with over 1 million copies sold. It is respected and recommended by professionals, including The International Lactation Consultant Association, T. Berry Brazelton and The American Academy of Pediatrics, and is well loved by new parents for its encouraging and accessible style. Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully from the first week through the toddler years, or somewhere in between.

This fully updated and revised edition provides information on topics such as:

- Benefits of breastfeeding
- How to cope with breastfeeding obstacles and challenges
- Incorporating a nursing routine into working life
- Treating postpartum headaches and nausea
- Nutritional supplements to alleviate postpartum depression
- Sharing a baby with baby (co-sleeping) and the risk of SIDS
- Introducing solid foods
- Expressing, storing, and feeding breast milk
- Reviews of breast pumps

Readers will also find Huggins's indispensable problem-solving "survival guides," set off by colored bands on the pages for quick reference, as well as appendices on determining baby's milk needs in the first six weeks and the safety of various drugs during breast-feeding.

In addition, this edition opens with a new Foreword by Jessica Martin-Weber, creator of the very popular website The Leaky Boob and a new Preface by Kelly Bonata, creator of the go-to site KellyMom. These two much-loved authorities speak to the importance of owning an authoritative breastfeeding book that cuts through the jumble of opinions, information, and misinformation on the Web. Now more than ever, The Nursing Mother's Companion is the go-to guide every new mother should have at hand.

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