

[PDF] The Nursing Mother's Companion

Kathleen Huggins - pdf download free book

Books Details:

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Author: Kathleen Huggins
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Description:

From Publishers Weekly Most books about breastfeeding are heavy on nursing's mystical rewards and light on actual technique. Huggins, a maternal nurse and professional lactation consultant, corrects the imbalance with a lucid, trouble-shooting guide, in which she points out that while nursing is unquestionably the healthiest, most natural way to feed babies, it is not always blissful for the mother. The author tackles various common and uncommon complaints about breastfeeding from inadequate milk supply, breast pain, engorgement and fussy babies to infections, allergies and breast-milk jaundice that could affect the child. In a chapter on nursing mothers who work outside of the home, Huggins offers an instructive review of breast pumps. Her reassuring, practical suggestions make this book an excellent informational companion.

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From Library Journal Intended as a practical manual, this book combines specific advice with frequent, clear, and informative illustrations. Huggins, a lactation professional and nurse, treats in detail the preparations to be made during pregnancy and the first two months of nursing. She also briefly discusses the later stages of breastfeeding and weaning. While this edition is little changed from the original (LJ 3/1/86), her short chapter on working women includes an updated list of breast pumps and ordering information. The book's clunky format features a repetitious "Survival Guide" section for each chapter. The bibliography appears to be dated and unchanged. The exhaustive appendix on the safety of drugs during nursing is poorly indexed with blind cross-references and difficult to use. Nonetheless, the comprehensive list of drugs alone makes this book a candidate for most public libraries.

- *Elizabeth Fielder Olson, Archer & Greiner, Haddonfield, N.J.*

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