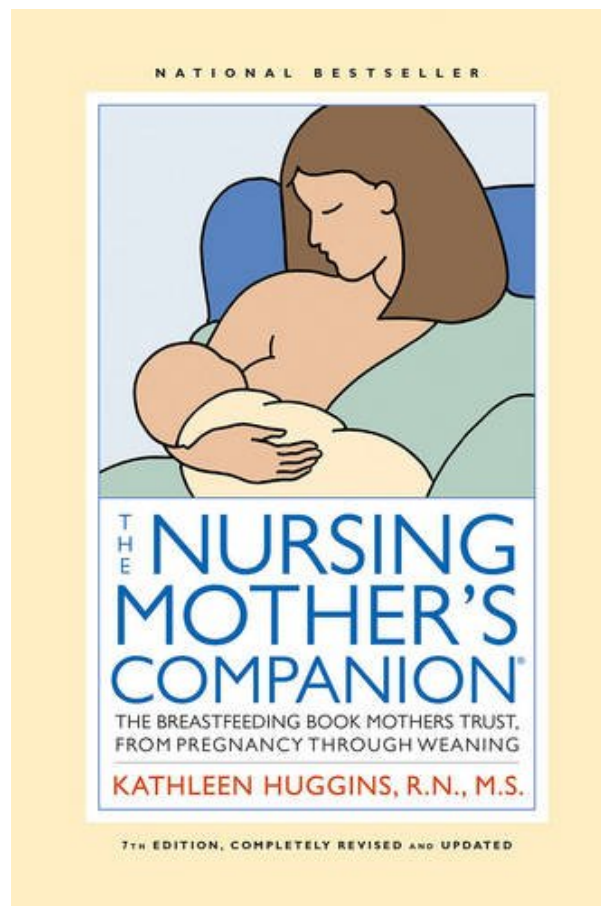


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## About the Author

Kathleen Huggins is a registered nurse and board-certified lactation consultant who is widely recognized as one of the pioneers in establishing the lactation consultant discipline as a core component of maternal-child health care in US hospitals. She established this reputation by creating and running a model breastfeeding clinic at San Luis Obispo General Hospital in California; by lecturing widely to professional peers and hospital administrators; and through her book **The Nursing Mother's Companion**. She has also co-authored **The Nursing Mother's Guide to Weaning** and **Nursing Mother, Working Mother**. She lives in San Luis Obispo, where she currently runs a new mothers' store, **Simply MaMa**. She continues to lecture widely in the healthcare and lactation-consultant arenas.

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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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- 368 pages

## Features

- The go-to guide every new mother should have at hand.
- Includes indispensable problem-solving "survival guides."
- Details the benefits of breastfeeding.
- Provides tips to incorporating a nursing routine into working life.
- Information needed to overcome potential difficulties and successfully nurse.

## About the Author

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## Most helpful customer reviews

18 of 19 people found the following review helpful.

If you are going to nurse your children, get this book for a reference.

By H. S.

This is definitely the best book for nursing moms out there. I had the 6th edition for my own use, and purchased this new 7th edition for my sister-in-law. She says it is helping her. :) I also gave away my old 6th edition copy to another soon-to-be mom for her use. I'd recommend this to any woman who is planning on breastfeeding. The book gives lots of practical tips and troubleshooting, including common issues dealing with pain and latching as well as less-talked about issues like thrush and mastitis. Very useful, very practical. There are also some "survival guides" that break the book up into sections - surviving the first few weeks, surviving the first few months, etc. This is useful because you don't get overwhelmed with everything but just learn what you need to know for the time being.

6 of 6 people found the following review helpful.

I would recommend this to any nursing mother

By B. Turner

I am a mother of four, and this is the only parenting book I have ever returned to for advice after the first baby. I give it as a gift at baby showers for all first-time mothers I know, and I have had at least three women thank me many months later for the book that they, too, found so helpful during the early nursing months. I would recommend this to anyone.

11 of 12 people found the following review helpful.

First time mom- highly recommended

By Bradley Jobe

As a first time mom, I highly recommend!! In a nutshell, this book is detailed and well organized with information from before birth until weaning.

I bought this book when I was 7 months pregnant and read it all the way through at that time. I felt confident that I understood the science behind breastfeeding but knew that I wouldn't fully grasp the concept until my little one arrived and we were working on mastering breastfeeding together. I browsed the early parts of the



book again (mainly the trouble shooting sections of the first days/weeks of breastfeeding) about a week before I gave birth. I took this book to the hospital with me when it was time to meet my baby. I honestly didn't reference it once while I was there, but it was nice to have just in case! The hospital I delivered at has amazing lactation consultants, so I didn't necessarily need the book then but the lactation consultants were impressed by the amount of knowledge I knew/was applying to feeding. It was useful to have already read this book and have some background knowledge on the subject. If your hospital doesn't have LCs, I would definitely recommend taking it with you! Since we have been home from the hospital, and am on my own with mastering feeding, I have used this book many times! As a first time mom I was overly concerned with if my baby was getting enough to eat. After relooking at this book, I felt confident she was. I had trouble with engorgement for a few days after my milk came in and successfully navigated through that with the help of this book. I also broke out in hives before my daughter was two weeks old and the drug interaction appendix was extremely helpful when it came to figuring out how I would treat them without affecting baby. Now I'm using it to make sure I am building my supply up (ie storing correctly) before returning to work and will continue to use it as a resource as I navigate back into my work role.

If you are serious about breastfeeding buy this book!

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