



# **The Ultimate Breastfeeding Book of Answers : The Most Comprehensive Problem-Solution Guide to Breastfeeding from the Foremost Expert in North America**

*Jack Newman M.D., Teresa Pitman*

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## **Every Mother's Personal Lactation Consultant**

Are you one of the all-too-many women who experiences unnecessary difficulties with nursing your child? Although breastfeeding is the natural and healthy way to nourish a baby, it's not always easy. ***The Ultimate Breastfeeding Book of Answers*** will help you overcome your fears, doubts, and practical concerns about breastfeeding. In this comprehensive guide, **Dr. Jack Newman**—a leading authority on infant care who has established breastfeeding clinics throughout the world—brings the most important facts about breastfeeding to you. You'll learn:

- How to achieve a good "latch"—the essence of trouble-free breastfeeding
- What to do if your baby refuses the breast
- How to deal with sore breasts, cracked nipples, or breast surgeries
- Ways to ensure your baby gets enough milk
- How to breastfeed premature and adopted babies
- Ways to cope with the jaundiced or colicky baby
- And more

Whether this is your first baby or your fourth; if you're pregnant, breastfeeding your newborn, or wondering about weaning your toddler, this book is for you.

"Valuable clinical insight into handling breastfeeding problems by the most experienced clinician in this field." —**Thomas W. Hale, PH.D., associate professor of pediatrics, Texas Tech University School of Medicine**

"Every woman needs this book. The authors tackle the many myths that get women off to a bad start or undermine their confidence." —**Kathleen G. Auerbach, PH.D. International Board Certified Lactation Consultant**

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