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Titolo	How to succeed in breastfeeding without really trying, or Ten steps to laugh your way through [[electronic resource] /] / Natasha Shur and Paulina Shur ; illustrations by Marianna Simina
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Descrizione fisica	1 online resource (179 p.)
Altri autori (Persone)	ShurPaulina SiminaMarianna
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Dedication (from Paulina Shur); THE TEN STEPS; Introduction; 1 Choose Nursing Over Nurseries (while pregnant, think breastfeeding)!; 2 Become a Lioness (and fight common sabotages in the hospital-jungle)!; 3 Survive Getting Eaten Up (and solve feeding confusions)!; 4 Regress to a Pre-School Level (it is all about pee and poop)!; 5 Shape-up at Baby Boot Camp (the first six weeks postpartum)!; 6 Strut Your Stuff (in the face of the general public)!; 7 Fight the "Yottle" in Your Baby's Bottle (with the help of Dr. Seuss)!; 8 Sleep Like a Baby (or with a baby)! 9 Pump It Up (without losing your sanity)!10 Wean Like a Winner (and toast to making it through)!; References;; Acknowledgement:
Sommario/riassunto	How to Succeed in Breastfeeding Without Really Trying provides new mothers with humorous, easy-to-use, hands-on advice and step-by-step instructions on how to initiate, sustain, and actually succeed in breastfeeding. After giving birth, many women are shocked to discover that breastfeeding does not come naturally; rather, it is painful and

awkward. Feeling both frustrated and exhausted, they often find themselves without help or support from hospital staff. Not surprisingly, many do not initiate or prematurely quit breastfeeding. This book is written not only to help women breastfeed, but also
