



The Nursing Mother's Companion

By Kathleen Huggins



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The top-rated book on breastfeeding, rated by the International Lactation Consultant Association as the best possible choice.



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The Nursing Mother's Companion By Kathleen Huggins Bibliography

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Editorial Review

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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Review

A book for parents that I recommend [is] *The Nursing Mother's Companion*. -- *T. Berry Brazelton, M.D.*

Huggins's book will serve prospective and breastfeeding mothers well. Her illustrations and suggestions are easy to understand; hers is one of the clearest descriptions of successful breastfeeding techniques I have ever read. -- *Kathleen Auerbach, Ph.D.*

Kathleen Huggins gives practical and specific information for tackling problems so that breastfeeding can be the satisfying experience that it should be. -- *Lynn Moen*

Users Review

From reader reviews:

Carlos Wesley:

The book *The Nursing Mother's Companion* can give more knowledge and information about everything you want. So why must we leave the good thing like a book *The Nursing Mother's Companion*? A few of you have a different opinion about guide. But one aim which book can give many information for us. It is absolutely proper. Right now, try to closer together with your book. Knowledge or facts that you take for that, you could give for each other; you could share all of these. Book *The Nursing Mother's Companion* has

simple shape but the truth is know: it has great and massive function for you. You can appear the enormous world by start and read a reserve. So it is very wonderful.

Alan Robert:

As people who live in the modest era should be revise about what going on or info even knowledge to make all of them keep up with the era which can be always change and make progress. Some of you maybe will probably update themselves by examining books. It is a good choice for you but the problems coming to an individual is you don't know which you should start with. This The Nursing Mother's Companion is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and need in this era.

Sharon McMichael:

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Josefina Smith:

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