



# 25 Things Every Nursing Mother Needs to Know (Non)

*Jan Ellen Brown*

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## **25 Things Every Nursing Mother Needs to Know (Non)** Jan Ellen Brown

This collection of informative and encouraging essays offers practical advice for new mothers who are planning to breastfeed. Co-authored by two experienced lactation consultants who are also mothers themselves, it features the best of their breastfeeding expertise and presents it in 25 concise and sometimes humorous essays. Their essays cover every topic and stage of the nursing experience, and each is headlined with an early parenting principle, such as More nursing equals more milk, and Breastfeeding is possible even in special circumstances. With its small format and warm, inviting full-color illustrations, this book is an ideal shower or new-baby gift.

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