

Breastfeeding Your Baby

by Sheila Kitzinger

To breastfeed successfully, it doesn't really matter where or how you sit or lie back. What is important is that you are comfortable and can bring your baby to you. It may also be possible to breastfeed your adopted baby with no preparation at all. However, if you have advance notice that you will have a new baby joining Breastfeeding Your Baby Breastfeeding Your Baby healthfinder.gov - Breastfeed Your Baby Throughout your pregnancy, and as you begin to breastfeed, the glands in your breasts produce milk—the more your baby nurses, the more milk you produce. 101 Reasons to Breastfeed (ProMom) - Not Milk Learning to Breastfeed. Your baby is unique. It will take time for mom and baby to learn to breastfeed. It can take up to six weeks to establish breastfeeding. Breastfeeding BabyCenter Breast Milk Is All the Food. Your Baby Needs for the First Six Months. The World Health Organization (WHO), UNICEF and the Canadian Paediatric Society. womenshealth.gov Breastfeeding

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