

Tuesday, 11 November 2025

[Health and Social Wellbeing Improvement](#)



This book presents the reasons why mothers and babies benefit from breastfeeding and explains how to breastfeed successfully. It covers issues including how breastfeeding works, positioning and attachment, how to know if breastfeeding is going well, expressing milk, breastfeeding and babies in special care, advice on breastfeeding and bed-sharing, dealing with common problems, fitting breastfeeding into your life, and going back to work.

Details

Format

72 page 20cm x 20cm book

Target group

Pregnant women and new mothers

Downloads

Attachment	Size
Off to a good start cover.pdf	220.81 KB
Off to a good start text.pdf	1.6 MB

Tags

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