

Download Breastfeeding Solutions Quick Tips For The Most Common Nursing Challenges

Six guidelines for safe dieting during lactation Wait until your baby is two months old before dieting It's best not to do anything consciously to lose weight until after the second month. This gives your body enough time to successfully establish a healthy milk supply that is less likely to be adversely affected if your caloric intake is restricted. Great news! The first STUDY of the usability and impact of the Breastfeeding Solutions app appeared online September 20, 2018 in the Journal of Human Lactation. This small longitudinal prospective cohort study found that nearly 80% of the 29 women who used the app and completed the study surveys at 3 and 6 months were breastfeeding at 6 months. Breastfeeding Info A to Z. This information is on topics of interest to parents of breastfed children. It is general in nature and may not be pertinent to your family's lifestyle. Labor Doula. You are required to read a minimum of five (5) books in addition to the CAPPA Labor Doula Manual, The Understanding Birth, and The Understanding Breastfeeding booklets. Optimally, you should read at least one book from each section. Always check to make certain you are reading the most current edition of each book. General Reading (everyone must read):