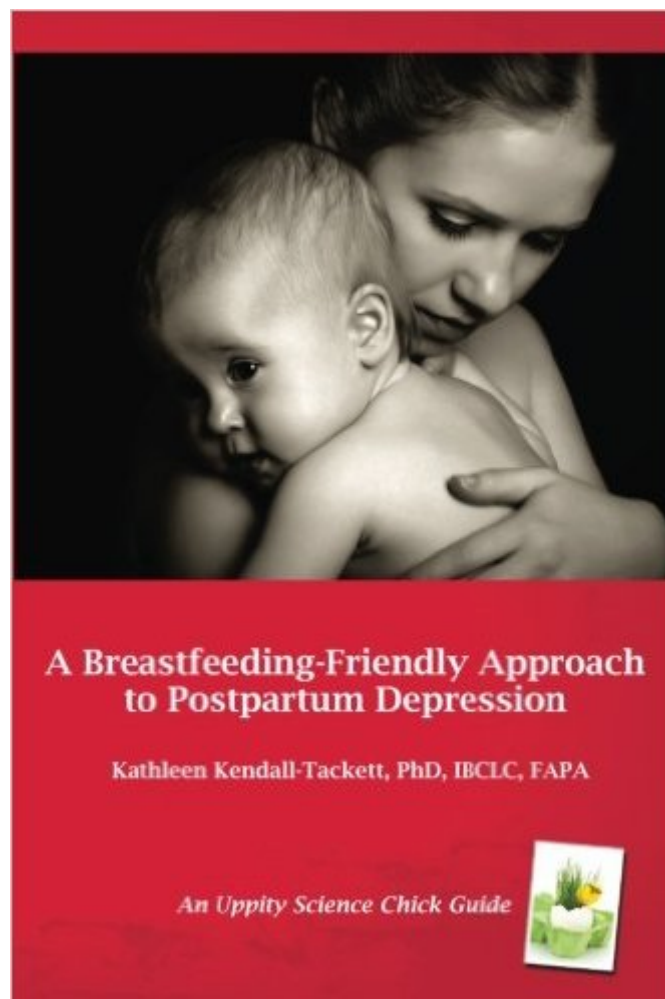


The book was found

A Breastfeeding-Friendly Approach To Postpartum Depression: A Resource Guide For Health Care Providers



Synopsis

When new mothers get depressed, health care providers are often quick to suggest that they stop breastfeeding. These providers often believe that they are doing mothers a favor by giving them "permission" to not be "supermom." This advice is often contrary to what mothers want to do and these mothers may experience weaning as another significant loss. Moreover, the sad truth is that stopping breastfeeding is often completely unnecessary. Mothers can continue to breastfeed while recovering from depression. In fact, recent studies have shown that breastfeeding can aid in their recovery. *A Breastfeeding-Friendly Approach to Postpartum Depression* is the first volume that specifically supports the depressed, breastfeeding mother. Written in an accessible, easy-to-read format, *A Breastfeeding-Friendly Approach to Postpartum Depression* combines recent scientific research with practical suggestions to help health care providers assist in women's recovery from depression while honoring and supporting the breastfeeding relationship. Video links and assessment tools are also included. If you want to support breastfeeding mothers, this volume is a must for your library.

Book Information

Paperback: 104 pages

Publisher: Praeclarus Press (April 3, 2015)

Language: English

ISBN-10: 1939807298

ISBN-13: 978-1939807298

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 7.5 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #2,088,867 in Books (See Top 100 in Books) #91 in Books > Health, Fitness & Dieting > Mental Health > Postpartum Depression #2989 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #68293 in Books > Parenting & Relationships

[Download to continue reading...](#)

A Breastfeeding-Friendly Approach to Postpartum Depression: A Resource Guide for Health Care Providers *Understanding Human Behavior: A Guide for Health Care Providers (Communication and Human Behavior for Health Science)* *The Latino Patient: A Cultural Guide for Health Care Providers* *On Target: Spanish for Health Care Providers* *Postpartum Depression Demystified: An Essential Guide for Understanding and Overcoming the Most Common Complication after Childbirth* *Beyond*

the Blues: A Guide to Understanding And Treating Prenatal And Postpartum Depression After the Stork: The Couple's Guide to Preventing and Overcoming Postpartum Depression Treating Postnatal Depression: A Psychological Approach for Health Care Practitioners International Trauma Life Support for Emergency Care Providers (8th Edition) This Isn't What I Expected [2nd edition]: Overcoming Postpartum Depression The Mother-to-Mother Postpartum Depression Support Book Transformed by Postpartum Depression: Women's Stories of Trauma and Growth Down Came the Rain: My Journey Through Postpartum Depression This Isn't What I Expected: Overcoming Postpartum Depression Behind the Smile: My Journey out of Postpartum Depression Beyond the Blues, Understanding and Treating Prenatal and Postpartum Depression & Anxiety Postpartum Depression For Dummies Sleepless Days: One Woman's Journey Through Postpartum Depression Perfect Mothers Get Depressed: Why trying to be perfect, not speaking up, and always trying to please everyone increases your risk of postpartum depression Overcoming Postpartum Depression and Anxiety

[Dmca](#)