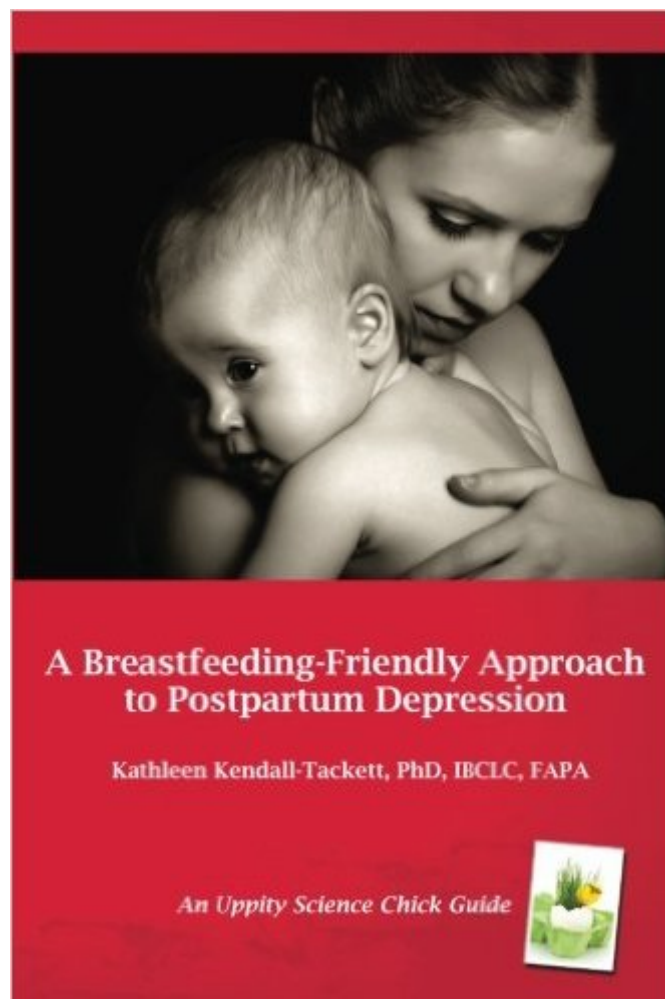


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# A Breastfeeding-Friendly Approach To Postpartum Depression: A Resource Guide For Health Care Providers



## 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

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