

Let's talk about... Breastfeeding

Source Materials

Sheet 1: Why Breastfeed?

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Sheet 2: Milk Supply

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Sheet 3: The Role of Others

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Sheet 4: Foods, Drinks, and Medication

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Sheet 5: Returning to Work

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Sheet 6: Skin-to-Skin and the Early Breastfeeding Experience

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Retrieved January 1, 2014 from <http://massbreastfeeding.org/providers/SkinToSkin.pdf>.

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Sheet 7: Learning to Breastfeed

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Hall, W.A., Hauck, Y. (2007). Getting it right: Australian primiparas' views about breastfeeding: A quasi-experimental study. *International Journal of Nursing Studies*, 44(5), 786-95. doi:10.1016/j.ijnurstu.2006.02.006

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Sheet 8: How Breastfeeding Changes

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