



# Breast is Best: A Practical Guide to Breastfeeding

*Dr Penny Stanway*

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## **Breast is Best: A Practical Guide to Breastfeeding** Dr Penny Stanway

Does it really matter in the 21st century whether babies are breastfed? After all, millions of women feed their children cows'-milk formula and they seem to do perfectly well. The answer is that although babies can be adequately fed with the milk of another animal, breastfeeding is provably the best and safest way of nourishing your baby, wherever in the world you live. Experts agree that breastfeeding confers unique benefits on both mother and baby.

Breast is Best was written 35 years ago and has been updated many times since. It is based on the collective wisdom of countless women's feedback; on the author's personal experience as a mother with many years of breastfeeding behind her; on the inputs over decades from those she has helped, worked with and taught; and on research reported in peer-reviewed medical journals.

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