

### Breastfeeding Book: Real Mums Tell You How

This is a no-guilt, zero pressure approach to the greatest dilemma new mothers face: to breastfeed, or not to breastfeed.

Contrary to what many people believe, breastfeeding doesn't come easily to most women. It has to be learnt.

Enter Melissa Macdonald's beautifully visual manual on the most important responsibility a mother has to her child: feeding her baby. Melissa aims to give mothers the confidence and knowledge necessary in preparing mothers for the decision to breastfeed or bottle-feed. Where other breastfeeding books preach and push mothers to breastfeed only, Melissa's book appreciates that this is not always an option. Real mothers share their stories and their experiences of feeding their babies, both breast and bottle, with emotional highs and lows included.

The Breastfeeding: Real Mums Tell You How is available from Borders, located on Levels 5 and 6.

***Plus, Melissa Macdonald will be at Borders Westfield Chatswood, to sign copies of her book and answer any of your questions.***

When: 1pm, Saturday 24 April

Where: Borders, Level 6

