



Top Tips for Bottle-feeding

By Clare Byam-Cook

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The invaluable advice from Clare Byam-Cook's bestselling guide *What To Expect When You're Breast-feeding...and What If Your Can't?* is now available in a handy book of tips.

Clear and concise, *Top Tips for Bottle-feeding* offers constructive advice for mothers who are unable to breast-feed, as well as handy tips on how to wean your breast-fed baby onto a bottle. This book is packed full of simple information for safe and healthy bottle-feeding, including:

- How to choose the right formula and bottle for your baby
- Advice on sterilising bottles and other equipment
- Guidance on how to recognise whether your baby is getting enough nourishment
- What to do if your breast-fed baby won't take a bottle

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Editorial Review

Review

"essential advice for mothers who can't breast-feed" YOU magazine "Clare should be cloned and made freely available to all mothers!" Debra Stottor, Editor, Junior Pregnancy & Baby "I just can't praise her enough" Kate Winslet "Clare takes away the old wives' tales, the nonsense and guilt, and makes the whole process work as it is meant to" Emma Freud "It is, for me, professionally gratifying to have a book written by someone who brings such a balanced approach to both breast- and bottle-feeding. Too often mothers are given so much differing advice as to what they should, or should not do. This book will help a new mother make her own choice and give her expert advice, which will help her with the successful feeding of her baby" Betty Parsons MBE

About the Author

Clare Byam-Cook trained as a nurse and midwife. She has worked as a breast-feeding specialist in Christine Hill's antenatal practice for sixteen years and previously worked as a midwife at Queen Charlotte's Maternity Hospital in London. She also carries out home or hospital visits to any mother who is having feeding problems. Clare has written articles for various baby magazines, is a regular guest expert for Junior Pregnancy & Birth magazine and has made appearances on television and radio, including This Morning and Gloria Hunniford. She is also an expert on Gina Ford's website.

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