

Download The Newborn Baby Blueprint Preparing To Care For Your Infant And Yourself

Breastfeeding, also known as nursing, is the feeding of babies and young children with milk from a woman's breast. Health professionals recommend that breastfeeding begin within the first hour of a baby's life and continue as often and as much as the baby wants. The more you do to get ready for your baby now, the less overwhelming it will be after he is born. It is common in the second trimester for future moms to feel uncomfortable. Pediatrician. Dr. Casares is a storyteller at heart. As a journalism major and aspiring doctor at California State University, San Luis Obispo, her goal was to eventually use her communication skills and medical expertise to give parents the information they needed in a way that resonated and inspired. Friends come in all shapes and sizes, but learning how to be a good one definitely takes some practice. Find out more about child development on [What To Expect.com](http://WhatToExpect.com), your source for parenting information.