



After the Baby's Birth: A Complete Guide for Postpartum Women

By Robin Lim

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The first few weeks and months after a baby's birth can be a wonderful and confusing time. While trying to discover the best ways to care for her child, new (and experienced) mothers often neglect their own health. It is essential, however, that mothers pay as much attention to their own wellness as they pay to their baby's health and happiness during this crucial time. In a completely revised and updated edition of AFTER THE BABY'S BIRTH, childcare and women's-wellness expert Robin Lim guides mothers through the best methods of mother and baby postpartum care, including parental nurturing, breastfeeding, the role of the father, nutrition, and early sensory education. Focusing on natural and wholesome practices, AFTER THE BABY'S BIRTH is a sensitive, practical guide to post-pregnancy health. Includes touching personal stories based on real-life experiences of mothers. Features a collection of delicious recipes formulated especially for postpartum women, plus a special chapter dedicated to the ancient practice of Ayurvedic medicine. Original edition sold 30,000 copies.



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Editorial Review

Review

"Stands out in a field filled with practical how-to books." -*Journal of Human Lactation*

About the Author

ROBIN LIM is a mother, midwife, author, and poet. She has written for *Mothering* magazine and is a contributing editor for *Midwifery Today*. Robin lives with her family in Bali, Indonesia.

Users Review

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