

Instructional DVDs

- **The Real Deal on Breastfeeding**

If you're not sure what to expect when you start breastfeeding, this comprehensive video/DVD will get you up-to-speed fast. It includes expert explanations of the basics, answering questions such as, "Can I have a glass of wine?" and "How long should I nurse?" Plus, a group of women candidly share their breastfeeding experiences and offer time-tested advice for new moms.

(Playgroup Productions)

VHS: \$19.99

DVD: \$22.95

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