

## **How to Make Breast the Best**

*The Real Deal*, a video recently released by Playgroup Productions, is an instructional video, specifically geared towards new moms, featuring tips and techniques on the proper way to breastfeed. The 25-minute video provides advice, insight and inspiration for nursing success. *The Real Deal* also offers an instructional question and answer portion with Alicia Dermer, a doctor with more than 20 years of medical and breastfeeding knowledge. Dr. Dermer, of the UMDNJ-Robert Wood Johnson Medical School, answers questions such as, "Can I have a glass of wine?" "How long should I nurse for?" "What are the health benefits for me and my baby?" and many more. *The Real Deal* is available in DVD and VHS at [www.realdealvideos.com](http://www.realdealvideos.com).