



¿Pecho o biberón? Alimenta bien a tu bebé (Alimentación infantil) (Spanish Edition)

Mar Gimeno, Pedro Frontera

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Este libro está dedicado a la alimentación de la mujer embarazada y del bebé hasta los seis meses de edad. La alimentación del niño, y sobre todo del bebé, tiene una importancia esencial para su salud, crecimiento y desarrollo. Sus autores ofrecen una respuesta realista y a la vez emocional a la pregunta que se plantea la futura madre: ¿pecho o biberón?

Dirigido tanto a los padres como a los profesionales de la salud, el libro expone las dos lactancias posibles, el amamantamiento al pecho y la lactancia artificial con biberón, de una manera científica y objetiva, pero a la vez clara y comprensible. Se aporta así una explicación detallada de datos actualizados así como las normas concretas de las dos lactancias, que permitirán a las futuras madres tomar sus propias decisiones y alimentar a sus bebés de la mejor forma posible, para que crezcan y se desarrollen adecuadamente.

Aunque los autores insisten en que la lactancia materna es la natural y la mejor para el bebé, señalan que no se debe menospreciar o desdeñar la lactancia artificial, una buena opción en muchas circunstancias.

Mar Gimeno es licenciada en Farmacia y experta en nutrición.

Pedro Frontera ha sido Jefe del Servicio de Pediatría del Hospital Universitario La Fe de Valencia y profesor de Pediatría en la Universidad de Valencia.

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