

Praeclarus Press Presents

The Virtual Breastfeeding Culture

Seeking Mother-to-Mother Support in the Digital Age

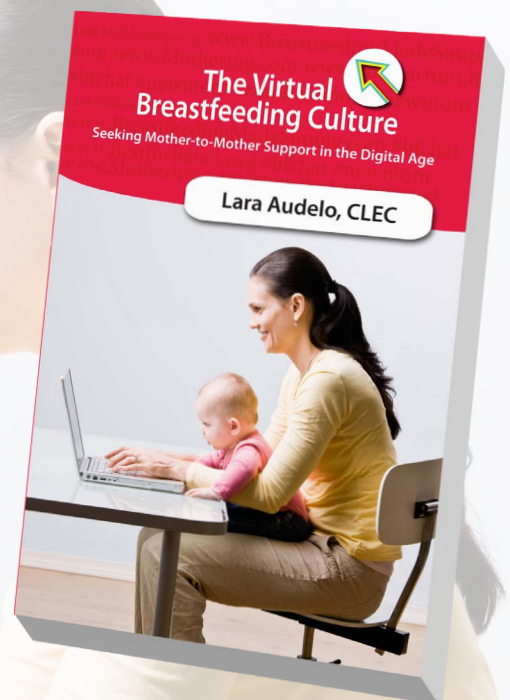
Lara Audelo, CLEC

Without my online sisterhood...my life would have been unthinkable different. Lara has captured the importance of this paradigm shift so well in the stories in this wonderful book. They are powerful testimonies to the sea-change in breastfeeding help and advocacy. What an enjoyable read for those who cherish our online sisterhood!

—Diana West, IBCLC, Author, *Defining Your Own Success*; Co-author, *The Mother's Guide to Making More Milk* and *The Womanly Art of Breastfeeding*, 8th edition

Anyone who works with expecting or new mothers will find encouragement, resources, and helpful guidelines for how to support new mothers online. *Virtual Breastfeeding Culture* is a clarion call to change the way we support expecting and new mothers, and is a valuable addition to the breastfeeding-support library!

—Danielle Rigg, JD, CLC and Bettina Forbes, CLC
Best for Babes Foundation



**\$15.95
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Lara Audelo is the mother of two young boys, and a passionate breastfeeding educator and advocate. She believes increased education for all is the key to helping mothers achieve their individual breastfeeding goals. Online support is also crucial for individuals who support nursing mothers. Lara received her Certified Lactation Education Counselor (CLEC) credential from University of California, San Diego (UCSD) in 2010.



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