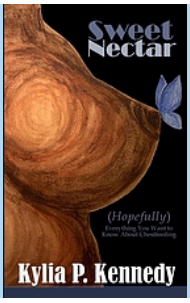
Discussion Guide



Sweet Nectar
Kylia P Kennedy

BlackGold Publishing
2022
152 pages
ISBN: 978-195313099

Infant Feeding

Summary

Sweet Nectar: Everything You Want To Know About Chestfeeding takes its readers through what chestfeeding looks like for over a dozen different parents from all walks of life, races, sexualities, and gender identities. Though these stories are all unique there is one thing they have in common; Every single parent needed support they didn't get. This profound read aims to bring chestfeeding parents of the past, present, and future together finally in an effort for them to feel heard, educated, and understood.

Questions

1. What health information stood out to you the most from the book?
2. What was your favorite story in the book? Why?
3. Discuss if the book's title, *Sweet Nectar: (Hopefully) Everything You Want to Know About Chestfeeding,* reflects the book's content.
4. What was your least favorite or most challenging part? Why?
5. What surprised you most?
6. Are there any lingering questions from the book you are still thinking about, and if you could ask the author anything, what would it be?
7. How do you relate this book to your personal history and community?
8. Did the book remind you of anecdotes from your life or someone close to you?
9. Did your thoughts about chestfeeding change after reading *Sweet Nectar*?

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