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Breastfeeding: the essential guide

Sharon Trotter

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100 pages, photographs, ISBN: 0954838106,

(UK) £5.99, softcover

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Lactation professionals seeking an introductory book for clients will find **Breastfeeding: the essential guide** a clear, easy to read manual. Written mainly for pregnant mothers unsure of their feeding decision or for those in need of basic information, this realistic, practical guide will meet the needs of the average new mother. The author is a midwife with more than 20 years experience and a former breastfeeding mother. Her writing style validates women's feelings and individual differences, noting that what may work for one may not work for another. With large print and plenty of white space, the book is reader friendly. Photographs of the author breastfeeding her children lend authenticity and personal connection.

Trotter covers many topics, but because of the book's brevity, most subjects are not in depth. The evidence-based information, though "follows the 'Ten Steps to Successful Breastfeeding'" (p12), as promoted by the World Health Organization. Trotter's personal breastfeeding story and her own experiences woven throughout create a feeling that the reader is discussing breastfeeding with a friend. Trotter begins with information about selecting a nursing bra and then moves onto facts, myths and contra-indications to breastfeeding. She lists the many benefits to mother and baby and then discusses positioning, latch, the first few weeks and how to integrate breastfeeding into the mother's life. First-time mothers will benefit from the section describing what breastfeeding actually feels like physically. Trotter assures readers that breastfeeding should not be painful and that much pain can be resolved through proper positioning. She touches on several problems and their treatments (eg, sore nipples engorgement), special circumstances (eg, prematurity, adoption, multiples), and baby care. In the final pages she writes, "Whilst researching this book, many women have come to me with heartbreaking stories of disappointment and guilt after bad experiences with breastfeeding...though rarely mentioned, I feel it is important to introduce the possibility of giving breastfeeding another try" (p82). This statement exemplifies her honesty and dedication to breastfeeding success.

The book concludes with references, useful addresses, suggested reading and helpful websites. There is no index. This selection would be a great introduction for students, as well as a helpful recommendation for pregnant women.

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