

BRIEFLY NOTED**The Breastfeeding Answer Book**

Nancy Mohrbacher and Julie Stock

La Leche League International, revised edition, 1997

586 pages—\$(US)52.00—spiral bound—softcover

Orders: La Leche League International, 1400 N. Meacham Rd., P.O. Box 4079, Schaumburg, IL 60168-4079 USA (847) 519-7730

The authors have expanded the book to 24 chapters, isolating important issues like “Sexuality, Fertility, and Contraception,” and “Nutrition, Weight Loss, Exercise, and Personal Grooming” into individual chapters. Other chapters like “Employment and Breastfeeding,” “Newborn Jaundice,” “Breast Problems,” and “Prematurity” have been up-dated and expanded.

The addition of a section on “When Pumping Replaces Breastfeeding” is excellent, fulfilling a need for information on how to help those mothers who do not want to breastfeed or who cannot, but who recognize the importance of their infants receiving breastmilk.

Referencing throughout the book is much more extensive than in the first edition. Repeated referrals to other chapters or sections in the book without being given a specific page number is still frustrating. Going to the index to find these pages numbers is very time consuming! The counseling tips and discussions on the mother’s feelings continue to play an important part in this excellent reference book.

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Mothers: A Celebration

Alexandra Stoddard

William Morrow & Co., 1996

267 pages—(US)\$22.00—hardcover

Orders: William Morrow & Company, Inc., 1350 Avenue of the Americas, New York, NY 10019 USA (212) 261-6500; Fax (212) 261-6549

This visually appealing book is peppered with quotes in colored boxes. In addition to provoking thought, it offers practical ideas for physical and emotional nurturing of people of all ages. Mothering infants is more a concern in the chapter “How motherhood transforms us” than in “What does a mother do for her children?” The description of what makes a house a home for children addresses child development. This book talks about good times and not-so-good times. The feeling of love and caring shines through.

Although nursing and mother’s milk are the topic of several quotes, such as “Mother’s love is Mother’s milk” (p. 94), breastfeeding is not a major theme. The author does describe some of her feelings and experiences. She needed reassurance that her daughter’s crying did not mean that her milk was drying up. Unfortunately, she felt that, even though neither she nor her daughters were ready, weaning from breast

to bottle was a developmental necessity. This is not a reference book for looking up facts. It is a book for reading during quiet moments.

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The Medical Care of Women

Phyllis L. Carr, MD, Karen M. Freund, MD, MPH, and Sujata Somani, MD

W.B. Saunders Company, 1995

874 pages—illustrated—(US)\$95.00—hardcover

Orders: W.B. Saunders, The Curtis Center, Independence Square West, Philadelphia, PA 19106-3399 USA (215) 238-7804

This book concentrates information specific to women’s health which is scattered among a variety of medical textbooks and specialty journals. There are excellent tables on changes in laboratory values during pregnancy. Some emotional and psychosocial issues, such as depression, addiction and physical abuse are covered thoroughly.

The book is written with the clinical practitioner in mind, and a familiarity with medical terminology is a prerequisite for understanding the discussion of various disease states. Breastfeeding information is accurate and supportive. I would have liked to see a discussion of lactational amenorrhea in the section on nonhormonal contraception, and more recognition of the benefits of lactation as prevention for certain diseases. However, these are minor faults in an otherwise excellent inclusion of breastfeeding throughout the book.

This book is useful for clinicians working in women’s health. As well, lactation consultants who see a large number of women with medical problems may suggest their hospital library to acquire a copy.

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Everyday Pediatrics for Parents: A Thoughtful Guide for Today’s Families

Elmer R. Grossman, MD

Celestial Arts, 1996

462 pages—a few hand drawings—(US)\$21.95—softcover

Orders: Celestial Arts Publishing, P.O. Box 7123, Berkeley, CA 94707 USA (800) 841-2665

This book covers developmental issues, such as nutrition, safety, sleep, and bedwetting; and medical subjects including safety, immunizations, infections, and thrush.

Advantages of breastfeeding listed include nutrition and bonding, and decreased risks of allergies, SIDS, and infections. The author states that [formula feeding] “should be considered a psychological and nutritional experiment . . .” (p. 21). This book advocates rooming-in, early and frequent feedings, and baby-wearing (p. 68). Vague and misleading