

BREASTFEEDING – Real Mums Tell You How! *Wednesday,* Apr 14 2010



“As ‘soon to be mums’, we read so many books about conception, pregnancy, fertility and the like, before and during pregnancy, but we don’t seem to read up on what happens after the baby arrives. This book covers the fundamentals of breastfeeding and what you need to know to give yourself the best chance. As your baby’s mother, you have the right to choose how to feed your child. No judgement attached.”

Melissa Macdonald, author & mother. www.breastfeedingbook.com.au

This is a no-guilt, zero pressure approach to the greatest dilemma new mothers face: to breastfeed, or not to breastfeed. Contrary to what many people believe, breastfeeding doesn’t come easily to most women. It has to be learnt. Enter Melissa Macdonald’s beautifully visual manual on the most important responsibility a mother has to her child: feeding her baby. Melissa aims to give mothers the confidence and knowledge necessary in preparing mothers for the decision to breastfeed or bottle-feed. Where other breastfeeding books preach and push mothers to breastfeed only, Melissa’s book appreciates that this is not always an option. Real mothers share their stories and their experiences of feeding their babies, both breast and bottle, with emotional highs and lows included.

Available from www.breastfeedingbook.com.au

OUR REVIEW:

At Absolutely Whyaard we were delighted to have the opportunity to review this book! As a mother of 9 myself and a nursing and childbirth ed student, I found this book to be an amazing resource! Melissa has really researched her stuff! Well-written, clear and succinct, with a beautiful pictoria layout, ‘Breastfeeding – Real Mums Tell you How’ really nails it. Finally! A book that tells the truth with grace and knowledge. It is detailed, and gives in depth information about every facet of breastfeeding from mastitis, to cracked nipples, to colic, siblings and feeding a sick baby... and so much more... It is refreshing to read stories from real-life mums in real-life situations! This is not a textbook, it is for real people!

This comprehensive and well-researched guide to breastfeeding survival is a MUST HAVE for any mother! Not just for first time mums, we can all gain and glean much from Melissa’s book! I was impressed to find that it also contains information for bottle-feeding mums! While I am a big breastfeeding advocate, we certainly need to not press women and make them feel guilt or distress for either not being able to breastfeed or choosing not to for personal reasons! It’s a very personal decision and every mum should be given the chance to make their own decisions for their baby!

Melissa applies no guilt or pressure – just realistic advice!

www.breastfeedingbook.com.au

We have rated this book 10 out 10!