

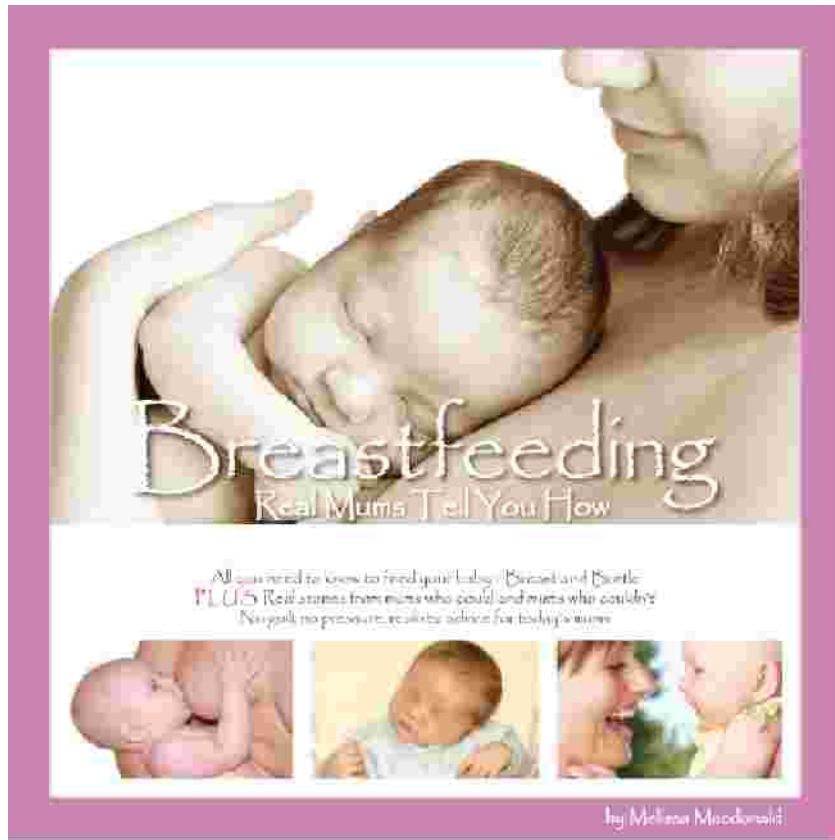


From 'Babble Australia'



Bookworm: *Breastfeeding – Real Mums Tell You How*

🇺🇸 Posted by Amber Robinson at 11:18 PM on March 10, 2010



Despite being a natural process, breastfeeding doesn't always come easily. But despite the importance of establishing feeding from birth, we often spend more time agonising over pram choices than preparing to breastfeed.

Breastfeeding: Real Mums Tell You How by Melissa MacDonald aims to provide a practical starting point for new mothers, with non-judgemental advice on breastfeeding as well as combination and formula feeding. The book is split in basic breastfeeding fundamentals and then real life stories and advice from mums.

A handy index also references the real-life-stories which makes it a great resource for all kinds of feeding problems. A glossary and list of resources are included at the end.

It's definitely a useful book for anyone who is considering breastfeeding or has just started. It's nice to know that other mums and babies have been through the same feeding problems and survived.