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## **Book Review**

### *Baby Magic: Planning for a Lifetime of Love*

**By Sue Cox**

**Australian Breastfeeding Association, 2009**

**Reviewed by Robin Jones Greif and Lorraine Taylor**

**This combined review written by Jill Allan, Book Review Convenor**

Sue Cox is an author probably known to many in LLLNZ as she has already written two popular books about breastfeeding. There is quite a bit about breastfeeding in this book too, as you would expect in a book written for expectant parents about the early days/weeks of babies' lives.

The book is well divided into short, concise chapters starting with "Before baby arrives" and finishing with "Work" (as in returning to).

The author is very good at comparing and contrasting generational differences in mothering styles, and pointing out why you may not always get the best practical advice from your older relatives or friends since they may have had their babies in a less breastfeeding friendly age and may not even be aware of all of the benefits for mothers and babies that are now known about breastfeeding.

The only problem with this book is that it is clearly written for an exclusively Australian audience so references to the ABA are extensive. This extends to the references in the back and the several pages of products for sale by the ABA. This is a pity because overall this is an excellent guide for pregnant women (or new mums who aren't too tired to read!). Everything Cox has written is fully in tune with LLL concepts and her breastfeeding practical management is spot on. She has written a very good book about the importance of the mother/baby relationship, but mentally it's necessary to alter all those "ABAs" to "LLs", which can become tiresome.

*Original review, printed in Aroha [the LLLNZ journal for families] Volume 12 Number 6*

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