



La Leche League New Zealand Inc.
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Book Review

Breastfeeding an Adopted Baby and Relactation

By Elizabeth Hormann

Published by LLLI, Schaumburg, IL, USA, 2006

Reviewed by Rosemary Gordon

This would be a good initial book for women to read if they are thinking about breastfeeding an adopted baby, if only to help them decide whether or not induced lactation is for them. The author doesn't pretend that adoptive breastfeeding is easy, nor that there is any guarantee of success. She counsels that it is better to want to do it for the skin-to-skin contact, better hand-eye coordination and good facial and jaw development than for the best nutrition, prevention of allergies, the simplicity of breastfeeding, or as the only way to bond with an adopted baby. While there are reported instances of women in developing countries building up a full supply of breast milk for their adopted babies, this is rarer in developed countries – or maybe in countries where breastfeeding is still not the cultural norm.

The book covers topics such as how lactation works, preparing for adoptive breastfeeding, the effectiveness or otherwise of various galactagogues, supplementing, special situations (such as breastfeeding adopted multiples, tandem nursing and breastfeeding a foster baby), and where to get support for adoptive breastfeeding.

As this is an English edition of a German book, published by LLLI, many of the resources are US ones, in particular the list of milk banks (there are currently no milk banks in New Zealand), although the other resources do include web pages which are accessible to all.

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