



La Leche League New Zealand Inc.

Order Department

Book Review

The Breastfeeding Mother's Guide to Making More Milk

**By Diana West and Lisa Marasco
McGraw-Hill, New York, USA, 2008**

Reviewed by Rosemary Gordon

This book grew out of Diana West's previous book, *Defining Your Own Success: Breastfeeding After Breast Reduction Surgery*. The sections in that book on strategies for increasing your milk supply were widely used by mothers and breastfeeding counsellors to help **all** mothers with low milk supply and not just those who had undergone breast reduction surgery.

Making More Milk is aimed primarily at mothers who have a low milk supply for whatever reason. It gives them the tools to be their own detective and to work through possible causes for their low supply, as well as suggesting strategies to tackle the problem. This book will also be useful for Leaders and health professionals who are working with mothers who have a low milk supply in spite of seemingly doing all the right things, like frequent feeding.

The largest section in the book is the one which investigates the possible causes of low milk supply, and this asks, is it something your baby is doing, is it something you are doing, is it something about your breasts, is it your hormones, or is it in your mind?

Of course there are also sections on improving breastfeeding management, on supplementing, and on increasing your milk through the use of various aids such as galactagogues – pharmaceutical, herbal and homeopathic, and lactogenic foods. Making more milk if you return to work or study, or in special situations such as prem babies, multiple births, relactation and induced lactation are also covered.

There are extensive references and a good index but relatively few photographs or diagrams. There are frequent mentions of useful websites for further information, (including that of the authors www.lowmilksupply.org), so the book is even more useful if the reader has ready access to the internet.

Original review, printed in Aroha [the LLLNZ journal for families] Volume 11 Number 1

Price list and Order form <http://www.la lecheleague.org.nz/resources/books-a-leaflets>