



La Leche League New Zealand Inc.
Order Department

Book Review

Saggy Boobs and Other Breastfeeding Myths

**Written by Valerie Finigan, illustrated by Lou Gardiner
Pinter & Martin, London, 2009**

**Reviewed by Rosemary Gordon and Lorraine Taylor
This combined review written by Jill Allan, Book Review Convenor**

This book appears at first to be a child's picture book, but on closer examination it can be seen that the illustrations are photographs of work by an embroidery artist. She worked with breastfeeding support groups to collect their views before designing her pictures, which are mostly amusing and add to the light-hearted approach of the booklet.

The booklet was written by an English health worker to use with mothers and breastfeeding groups, and is aimed at encouraging breastfeeding and dispelling myths about breastfeeding. There is one 'myth' per page, dispelled by its matching 'fact' and illustrated by its relevant embroidery picture.

This booklet will be a useful tool for anyone working with women with a low reading age or who have English as a second language, or with teenagers, or to give to a non-reader who needs convincing of the benefits of breastfeeding, be that a partner or relative or friend.

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

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