



La Leche League New Zealand Inc.
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Book Review

The ABCs of Breastfeeding

By Stacey H. Rubin

Published by AMACOM, 2008

Reviewed by Andie Collett and Donna Henderson

This combined review written by Jill Allan, Book Review Convenor

The ABCs of Breastfeeding is divided into four sections:

- things to consider before birth
- beginning to breastfeed your baby
- continuing to breastfeed comfortably into the future and
- developing your own happy ending

Each section is split into chapters and each chapter ends with an A, B and C of breastfeeding which summarises what was covered in the chapter and provides easy-to-review points. The book is also thoroughly referenced with each chapter covered in the notes at the back.

Stacey Rubin is a nurse and lactation consultant in private practice who has breastfed two children. She has used her practice as the basis for this book, which gives its examples and case studies a sense of reality. They cover all those questions that regularly come up during Series Meetings, including sleep and returning to paid employment. The author has views which mirror La Leche League's and more than once, she recommends contacting La Leche League. The US background of the author is obvious in the references to American obstetric practices, and the use of doulas, but the breastfeeding information is internationally relevant.

Original review, printed in Aroha [the LLLNZ journal for families] Volume 13 Number 1

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