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Book Review

The Nursing Mother's Guide to Weaning

Kathleen Huggins and Linda Ziedrich
Harvard Common Press, Boston, USA, 2007

Reviewed by Rosemary Gordon

The original *Nursing Mother's Guide to Weaning* was approved for Group Libraries in 1995, and although this 2007 edition is described as revised, it is more a case of reprinted and repackaged. The biggest change seems to be that the text is now printed in green rather than black, and the font is easier to read.

For those unfamiliar with this book, it is a non-judgmental, straightforward, practical book on how to wean your baby/toddler at various ages. It begins with a look at weaning in its historical and cultural context, and then devotes separate chapters to weaning your child according to his/her age. Although it is a quick and easy book to read as a whole, it is also possible to just dip into the book and read only the chapter appropriate to the age of your child.

The chapter on weaning a child under four months begins with a long section on problems that may lead a mother to think she needs to wean – and offers solutions to avoid this. Having already covered the disadvantages of bottle-feeding, the authors then give practical information on how to bottle-feed if all else fails.

This book is recommended for Group Libraries. If your Group already has the original copy of this book, it may be time to look at whether your original has become old and unattractive to borrowers, and if so to replace it with this new version. If your Group does not have a copy, this is a very useful book to have and complements other books such as *Mothering Your Nursing Toddler* and *How Weaning Happens*. It is suitable for mothers, Leaders and health professionals.

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