



La Leche League New Zealand Inc.
Order Department

Book Review

The Womanly Art of Breastfeeding 8th Edition

By Diane Wiessinger, Diana West and Teresa Pitman
Ballantine Books, USA, July 2010

Reviewed by Donna Henderson, LLL Leader

La Leche League International's iconic manual has been through many incarnations in its previous seven editions, but this eighth edition is a complete overhaul to bring it up to date with 21st Century language, concepts and research.

It is laid out in logical sections to help make this either a book you read cover to cover, or one you just dip into as needed. Part One takes a mother through her journey from pregnancy through to birth and the first breastfeed and is called "New Beginnings." Part Two looks at breastfeeding from the first few days through to toddlerhood. Part Three deals with sleep, working out of the home and other separation from the baby, and starting solids, and Part Four looks at issues outside the 'norm' such as premature babies, induced lactation and adoption, multiples along with a 'Tech Support' section which is alphabetised for easy reference.

There is a lot of text (about 500 pages) but it is not overwhelming due to the easy-to-read language. It is supported by black and white photos, and clear line drawings. The text is all supported by frequent web references, along with a 'Tear Sheet Toolkit' which is also available online via www.llli.org > Store > Tear Sheet Toolkit.

Mothers own stories are included - look out for one from our own Barbara Sturmfels at the end of Chapter 8. This book is heartily recommended for LLLNZ Group Libraries and as a must-have for all new mothers and mothers to be – a perfect gift!

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

Also available as part of the LLLNZ *The Womanly Art of Breastfeeding* Gift Membership Package
<http://www.lalecheleague.org.nz/membership/gift-membership>