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The Breastfeeding Mother's Guide to Making More Milk

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Recommended by LLLI, foreword by Martha Sears, RN

The McGraw Hill Companies, 2009

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This long awaited book is finally out! The authors, well known in the field for their work with low milk production, have written an eminently accessible reference. **Making More Milk** is designed to help mothers identify whether they have or are in danger of having a low milk supply and how to increase milk production if they do. Mothers can read the book from front to back or refer to sections for answers to their specific questions.

The comforting and empowering tone of the writing is impressive. For example, the imagery of the human breast as a “milk factory” that mothers can manage in a way to increase production is powerful. Chapter 15 *Coping with Low Milk Supply* is particularly compassionate. The format of the book is logical and the explanations of conditions and therapies are simple, yet thorough. Chapter 9 *Is It Your Hormones?* transforms an obtuse collection of biological terms and syndromes into a text that non-scientists can understand.

The book contains insights and hints that sometimes go against traditional wisdom. For instance, a tactic, credited to Christina Smillie, MD, IBCLC, is to offer a really hungry infant a bottle first to quench his initial hunger, then the breast (p. 50). Shaded text boxes further elucidate the text, such as a description of the Murphy Maneuver used for identifying tongue-tie (p. 92).

A sidebar listing safe co-sleeping tips would have been a welcome addition to a referral to a website (p. 83). The extensive footnotes provide support for the techniques and research discussed. A simplified list of galactogogues found in the appendix offers a quick reference.

Making More Milk is both an excellent partner for the mother committed to supplying her own milk to her baby and a wonderful resource for the lactation consultant to recommend to mothers she helps.

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