



ILCA Print and Multimedia Reviews June 2010 – Available at www.ILCA.org

Balancing Breast & Bottle: Reaching Your Breastfeeding Goals

Amy Peterson, IBCLC, and Mindy Harmer, CCC-SLP

Hale Publishing, 2010

169 pages, illustrated, US\$21.95, softcover

Orders: Hale Publishing, LP, 1712 N. Forest Street, Amarillo, TX 79106 USA

Tel: 806-376-9900; 800-378-1317; fax: 806.376.9901

URL: www.hale-publishing.com

In most western cultures, where the obstacles to normal breastfeeding relationships are frequent and steep, a book that includes in its title “reaching your breastfeeding goals” has a tall order to fill.

Balancing Breast and Bottle: Reaching Your Breastfeeding Goals takes away the either-or view of infant feeding in a society where many mothers cannot stay with their babies, and replaces it with an approach that allows bottle-feeding to add to the breastfeeding relationship rather than detract from it.

Some breastfeeding mothers face the difficult situation of being separated from their breastfed baby who will not accept milk from a bottle. This book offers a solid, easily understood approach to helping a baby learn to accept mother’s milk from a bottle. The emphasis is first on establishing the breastfeeding relationship, developing an understanding of how a baby adapts to his mother’s breast, then using that understanding to select and use an appropriate bottle nipple to enable the baby to feed functionally when his mother is not available. Loaded with clear, applicable photos, this book is a quick read even for a mother who is sleep-deprived or overwhelmed by the idea of an impending return to work or school.

Peterson, an IBCLC and stay-at-home mother, and Harmer, a speech/language pathologist who worked away from her baby, combine their collective experiences to present a practical, systematic, anatomy-based approach that is useful for mothers and lactation consultants alike. Mothers can find comfort in the step-by-step, detailed advice on topics that include effective feeding at the breast, selecting and using a breast pump, choosing a bottle and nipple that will be compatible with baby’s and mother’s unique anatomy, and getting through the workday in a manner that supports robust milk production. Lactation consultants who have never fed a baby from a bottle will be interested in the authoritative, science-based techniques and procedures, especially the photos that depict relaxed babies feeding properly and efficiently from bottle nipples that fit their mouths.

I was delighted to discover that this book accomplishes what I believed to be impossible: it provides a practical approach to bottle-feeding that enables the mother in a less-than-ideal situation to meet her baby’s need for food while keeping the breastfeeding relationship vital.

Diana Cassar-Uhl, LLLL, IBCLC
Cornwall, New York, USA