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### **Breastfeeding In Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military**

Robyn Roche-Paull, BS, IBCLC, LLLL

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352 pages, illustrated, US\$29.95, softcover

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Following childbirth, active duty personnel in the U.S. military are required by law to return to work within the period specified in their contract. **Breastfeeding in Combat Boots** is truly a survival guide for breastfeeding mothers who are serving in the military, an environment dominated by males and where duty always comes first.

The first two sections are a primer on preparation for breastfeeding, refers to breastfeeding as the biological norm and to breastfeeding in the early weeks with specific, evidence-based information regarding hurdles many women face. Section 3 begins with the specific regulations from each branch of the armed forces. Ms. Roche-Paull, a U.S. Navy veteran, reviews the basics of manual expression and pumping. Chapter 10 has a helpful table, “Military Pumping Scenarios” (p. 163). At first glance, this may seem too regimented. However, some women may prefer a well-organized system with specific parameters to guide them toward a schedule that best meets their needs. That chart coupled with the boxed “Sample Plan for a Pumping, Active-Duty, Breastfeeding Mother of a 4-month old” on the following page, are primers on how to achieve successful breastfeeding.

Shaded boxes contain breastfeeding tips and tricks that are helpful for any woman who must pump full-time. The sections on the military’s unique work environment in which a nursing mother and her baby may be separated for several months at a time, in the desert, on a ship, deployments and long-term temporary duty (TAD/TDY) are comprehensive and full of real-life examples. Many inspirational stories depict how active-duty members have hand expressed during these times and recount how women have shipped milk to their babies from overseas.

**Breastfeeding in Combat Boots** is a comprehensive, yet concise, well-rounded lactation book. It is a good resource for mothers who are required to return to work. Although the book title targets U.S. military personnel as its readership, mothers employed in positions that offer only a short maternity leave, and no flexibility in length of shifts without breaks, heavy physical exercise, extended leaves from home, as well as involve military service in other countries, will find this book invaluable if they are required to return to work when their baby is quite young (six weeks).

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