



## **ILCA Print and Multimedia Reviews** **July 2011 – Available at [www.ILCA.org](http://www.ILCA.org)**

### **The Little Green Book of Breastfeeding Management, Fifth Edition**

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Hale Publishing, LP, 2011

113 pages, resources, references, index, US\$10.00, softcover

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Differences between this edition and the fourth are obvious from first glance and all are positive. Expanded from 80 pages to 113 pages, this edition is easier to read due to changes in the typeface (from sans serif to serif), and organization of the table of contents. Each topic in the table of contents now has its own line and page number listed. The index is disappointingly brief, basically containing only new entries and most of the entries in the 4<sup>th</sup> edition having been left out. An expanded list of references and the author's short biography are pleasant and useful additions in this edition. As in previous editions, the advice on latching, feeding cues and breastfeeding behaviors is up-to-date and easy to understand. Information on the influence of hospital policies and procedures is helpful and supportive.

Since this book is intended to support the breastfeeding knowledge of medical professionals, the inclusion of information on the International Code and interpretation of the literature in the first chapter makes it helpful to understand references to formula marketing included in following chapters. Relevant websites are also judiciously listed in the narrative of certain chapters when more information is needed. The use of bold typeface for emphasis of important issues (either in phrases or whole sentences) effectively continues to catch the reader's attention.

This edition still contains guidelines for follow-up office visits related to breastfeeding maternal issues and infant growth issues. Evaluation questions for maternal issues (p. 94), infant issues (p. 95) and feeding evaluation questions (p. 96-97) will be helpful to health care professionals in performing a quick assessment to arrive at a plan of care. Still missing are a diagram of breast anatomy, simple line drawing of latch, and a milk storage guideline chart. Contrary to what North Americans would expect, LLLP's website is listed in the ***Organizations (International)*** section rather than the USA section.

Large enough to have a glued spine (rather than stapled), **The Little Green Book** is still small enough to fit in lab coat pocket and will be a convenient source of basic breastfeeding information for health professionals.

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**Editor's note:** Previous editions of **The Little Green Book of Breastfeeding Management** were reviewed in JHL 15(2):168, 1999 and 18(3):288 2002, and in June 2008 on the ILCA website.