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Selecting and Using Breastfeeding Tools

Catherine Watson Genna, BS, IBCLC

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This book serves as an overview, providing just enough information on each tool to augment in-service instruction. Tips and tricks sprinkled throughout the text make the use of these devices that much more practical. Candidates preparing for the exam and experienced lactation consultants alike will learn from this book.

Watson Genna provides succinct, high-quality and comprehensive information on the various breastfeeding aids. She covers sore nipple treatments, nipple everters, nipple shields, supplementers, scales to measure milk intake, breast pumps, cups and spoons, and finger-feeding devices. Each category includes the devices that are best designed and most relevant to lactation practice. When the author updates the book, I suggest she add information about milk storage containers, nursing pillows, and other breastfeeding products that have withstood the rigors of time in the marketplace.

Watson Genna presents indications for and the proper use of the broader category of products at the front of each section and superbly highlights specific features and ordering information for each product. When helpful, she punctuates these lessons with tips on using a product more creatively in unusual or extraordinary circumstances.

Readers may sometimes find it difficult to make out the photos, but the overall visual appeal of the book remains engaging. The easily navigable pages make locating information effortless when a quick referral is needed. Watson Genna's writing, always clear and concise, would benefit by greater use of active voice to improve flow and narrative drive.

This authoritative work maintains its clinical perspective, further enhancing its usefulness in practice. References are up-to-date, clinically relevant and presented in an unbiased fashion. Every lactation consultant and breastfeeding helper needs to plant this volume on the bookshelf next to their most useful breastfeeding texts. It's worth every penny!

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