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Start here: *Breastfeeding and Infant Care With Humor and Common Sense*

Kathleen F McCue, IBCLC, illustrated by Erin McCue

Hale Publishing, LP, 2011

143 pages, black-and-white illustrations, references, glossary, resources, index, softcover, US\$17.95

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What better way for a book on basic breastfeeding information (that has been reiterated countless times) to distinguish itself but to use humour? Kathleen McCue, with 37 years of experience, has successfully made this book light-hearted yet informative for prospective and first-time mothers. Using real situations the author demonstrates circumstances the reader may be faced with from the public's reactions to breastfeeding "*You can't do that here, lady. This isn't that kind of store*", to dealing with issues such as constipation in the section: *Constipation – Who Gives a Crap*.

The book is divided into three parts: *Breastfeeding or not, here I come; Taking care of yourself and your baby; and From the World of the Lactation Consultant*. The first chapter, on feeding, is a must for the new mother as it takes the reader through the initial stages of breastfeeding, detailing the importance of rooming-in, skin-to-skin care and how to latch the baby correctly, always keeping the humorous aspect to keep the reader engaged.

The book never claims to have one set method to care for an infant, but rather compares the process to "falling in love". The mother and child find their way through natural instincts and this book will help point the mother in the right direction.

Illustrations are used throughout the book depicting matters such as how to hold your baby whilst breastfeeding to differences in what breasts look like, as well as available breastfeeding devices. The illustrations are distinct, informative, and well supported by the text.

After the superb chapter on *Real Questions by Real Mothers* that answers the most common questions, McCue does not miss the opportunity to draw a last smile from her readers in her one-page epilogue comparing the sleepless nights during her children's teenage years to those during babyhood. Lactation consultants will also benefit from this book as it has an excellent references and resources section.

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