



BOOK

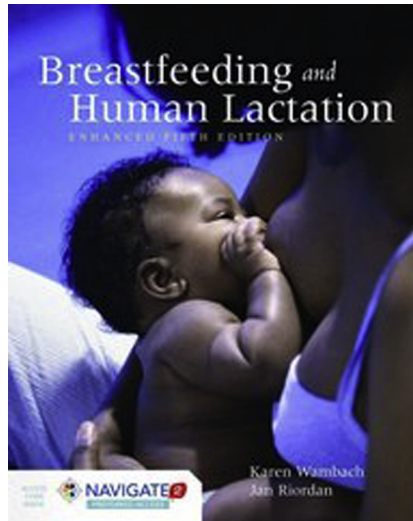
Breastfeeding and Human Lactation. 5th ed. Wambach K, Riordan J. 2016. Jones and Bartlett, 5 Wall St, Burlington, MA 01803. Hardcover book, 965 pp, \$139.35, ISBN: 978-1-284-09395-7.

Breastfeeding and Human Lactation continues as the leading reference for the latest clinical techniques and research findings that direct evidence based clinical practice for lactation consultants and specialists.—Jones and Bartlett

The fifth edition of *Breastfeeding and Human Lactation* is once again the comprehensive guide for all things breastfeeding. This text provides the history of breastfeeding and traces its roots from 100 million years ago.

While breastfeeding has ebbed and flowed, the information in this book provides valid research into the benefits of breastfeeding for both mother and child. It also expands on the theory, practices, and research that support the lactation professional.

This explanation of medications and their possible implications for both the mother and baby is a helpful resource for both the lactation consultant and the nutritionist working with families. Viral infections in the mother may also pose a risk for the baby, so recommendations regarding when and



when not to breastfeed are presented clearly.

An assessment of an infant who is breastfeeding is a valuable resource included along with a discussion about social and family norms. The information is complete and covers everything from anatomical differences and how the physiology of lactation takes place to how to help all mothers breastfeed regardless of their experience or situation.

The key concepts at the end of each chapter are helpful in summarizing important information. The appendices included at the end of some chapters provide additional information, tools,

and resources. References are listed at the end of each chapter as well.

This textbook comes with an online component that can be found at the publisher's Web site. Use of the e-book allows the user to take notes, highlight, record notes, and easily find resources associated with each chapter. The publisher provides discussion questions for each chapter that are helpful for an instructor and provide the ability to find questions for practice tests.

Although the ultimate decision to breastfeed is the mother's choice, having a knowledgeable, supportive professional available is extremely helpful. This resource would benefit nurses working with new mothers, pediatricians, nutritionists, and lactation professionals. This complete reference leaves no stone unturned.

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