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Book Review

Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers

By Nancy Mohrbacher and Kathleen Kendall-Tackett
New Harbinger Publications, Oakland, CA. 2005

Reviewed by Rosemary Gordon

The authors of this book will be well-known to most of us as long-term LLL Leaders, IBLCs, and authors of other books approved and stocked by LLLNZ. They present what they believe are seven “natural laws” of breastfeeding.

The seven natural laws are:

- Law 1 Babies are hardwired to breastfeed
- Law 2 Mother’s body is baby’s natural habitat
- Law 3 Better feel and flow happen in the comfort zone
- Law 4 More breastfeeding at first means more milk later
- Law 5 Every breastfeeding couple has its own rhythm
- Law 6 More milk out equals more milk made
- Law 7 Children wean naturally

The first part of the book examines these natural laws in detail and also looks at what can interfere with the laws – history, culture, commercial pressures, and the medical community. The second part of the book is called Applying the Laws, and covers daily life with your breastfed baby, common breastfeeding challenges, and physical or health issues for both mother and baby.

The authors emphasise that even a great book cannot replace personal one-on-one help and they make many references to finding further help from a lactation consultant or volunteer breastfeeding counsellor. If the reader has ready access to the internet, her reading will also be enhanced by a visit to the authors’ web site (www.BreastfeedingMadeSimple.com) which has an excellent animated latch and a number of items on breastfeeding problems.

The text is very reader-friendly – accessible, easy to understand and follow, and speaks directly to the reader, as well as being encouraging and supportive and above all, practical. It has a good list of resources and references at the end.

Original review, printed in Aroha [the LLLNZ journal for families] Volume 8 Number 1

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