



Breastfeeding's Number One Question: How Do I Know My Baby is Getting Enough Milk?

Beverly Morgan

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In the first few days following the long-awaited arrival of her precious newborn, a new mother generally faces the stresses of a “labor-weary body, lack of sleep and raging hormones.” Since she cannot see how much milk her infant is consuming, a mother who chooses to breastfeed is often especially concerned with such questions as-Is my baby getting enough milk? Is he gaining enough weight? How long should I nurse him? How often should I nurse him? Should I waken my sleeping baby to nurse?

Assuring parents that “babies are as individual as snowflakes,” Morgan helps to lessen those insecurities by providing guidelines that indicate a baby is indeed getting enough breast milk. In this well-organized audiobook, she teaches three skills that a mother can use in her baby’s first week to build self-confidence in nursing: tracking baby’s urine output, tracking baby’s bowel movements and being aware of the feel of her breasts before and after nursing sessions. Based on the idea of “what goes in must come out,” Morgan gives detailed instructions regarding measurement of baby’s diaper content; a helpful chart is included to facilitate tracking. Morgan continues by likening mother’s breast to a “milk factory,” and she discusses how lactating breasts become firmer as a woman’s milk comes in and gradually become softer once the baby has finished a nursing session.

An experienced mother and lactation consultant, Morgan stresses how the first week of the baby’s life is a “learning time,” and that once he seems to be thriving, is eager to nurse and is well ahead in the number of wet or soiled diapers he is producing, a mother can rest assured that her baby is getting enough milk. Also included on this tape are six signs that a nursing mother might need additional help from her pediatrician or from a lactation consultant. Morgan finishes by emphasizing the benefits of support groups, such as La Leche League International, and of obtaining other breastfeeding information available through bookstores and the Internet. This very informative audiobook will most certainly prove beneficial to new breastfeeding mothers-especially for those who listen to it before the baby is born.

JILL R. HUGHES (January / February 2000)

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