



## So That's What They're For!: The Definitive Breastfeeding Guide

*Janet Tamaro*

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**The Critics Love So That's What They're For!**

"A practical, light-hearted, and humorous look at breastfeeding...that's full of factual information and down-to-earth answers to the universal questions all breastfeeding mothers have." --*La Leche League*

"This light-hearted approach to a truly serious subject offers a healthy mix of medical fact and hearty humor, and is a must for all moms." --*Dr. Dean Edell*, nationally syndicated radio/television talk show host

"BEST PICKS: Best breastfeeding book out there for new moms." --*Parent Soup*

"**Janet Tamaro** has produced a humorous, informative, concise, affordable, fun-to-read book on the joys and trials of breastfeeding." --*The Journal of Perinatal Education*

"*So That's What They're For!* lends support and encouragement to those wondering whether they should try breastfeeding, for pregnant women who are sure they will breastfeed, and for new moms who are having trouble and are considering stopping." --*Natural Health and Alternative Medicine Newsletter*

## So That's What They're For!: The Definitive Breastfeeding Guide Details

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## **From Reader Review So That's What They're For!: The Definitive Breastfeeding Guide for online ebook**

### **Heather says**

I hear there's a story in this book about a gorilla who didn't know how to breastfeed (killed her first baby b/c of it), so the zoo called up LLL and they sent moms over to breastfeed their babies in front of the gorilla during her pregnancy and immediately postpartum so she could watch and learn how. I want to read it just for that story.

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Ok. I really really think this book would be the perfect gift for a mom who has never breastfed before. It's light and funny and has very practical advice. My full review is here <http://itsallaboutthehat.blogspot.com...>

But yes, definitely recommended.

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### **Le Durecka says**

I enjoyed the humor. There are some helpful points in the book. Obviously a breastfeeding book is going to be (shocking I know) pro breastfeeding, but I don't agree with the author's anti formula message. I know I'm new to motherhood but I already see you gotta be flexible. At the end of the day- your baby needs to eat and you are not a terrible mother if that happens with formula instead of breast milk.

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### **Carina says**

One of my sisters recommended this book to me. Though a little outdated and opinionated to the point of being a little ridiculous at times, it was an extremely informative resource. I simply skipped over the beginning parts that made you think you might as well murder your baby if you chose not to breastfeed them. It covers everything from positioning to latching, weaning, and even toddler breastfeeding (if you get that far). I will definitely be referencing this book later when I go back to work and have to worry about pumping and eventually weaning. Very easy to understand and full of helpful information. A must read for any mother planning to breastfeed.

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### **Rachel says**

This book was really beneficial for me to get a better idea of why breastfeeding is a good idea and how to do it. It also gives some general tips for when it doesn't go according to plan. There are also diagrams to help with various concepts the author describes throughout the book. It also provided resources and information so that I could have an open conversation about breastfeeding with my husband. And aside from evidence of why breastfeeding is good for baby, the author provides answers to common questions, fears, and concerns. If you plan to breastfeed or are on the fence about it, this is a good, helpful, and insightful read.

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### **Trina says**

Working on baby number 2 has sent me to the book shelves to brush up on new baby parenting skills. I did not actually read this book when I had my first child. I just skimmed it, picking out nuggets I thought would be helpful. I was under the mindset "I am a woman, I have breast, how hard could breast feeding be?" So why bother reading a book on something that would just come naturally. I WAS SO WRONG! Information is a good thing and breast feeding does not "just come naturally". My experience nursing my first child was painful, tedious, messy and complicated. I nursed for a year and I don't say that with pride, I basically fumbled my way through that year until the day she bit me (she had all of her teeth by 1 years old and yes that is covered in this book)and I shut the breastaurants down for good.

All the preceding is to let new moms know, you need information on breastfeeding if you plan to do it. This book is dated the opposition to breastfeeding has died down considerably from 1996 when this book was published. It will give you a good place to start in order to understand what you will be doing with your breasts. It covers positioning, going back to work (pumping), and time frames and how to wean. Borrow it from a library or find it at a second hand bookstore (my copy is about to make its way to Half Price books in a couple of days) it will break down the things you need know so you can go out and find better resources.

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### **Ellen says**

This was the best book on breastfeeding that I read. I have given it to several new moms. It was one of the reasons that I was able to successfully nurse my children!

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### **Nancy Messina says**

I really thought this book had some great information on breastfeeding but I really wish there was a newer edition. Some of the information felt a bit dated. The information on breastfeeding your baby was great, but the statistics and studies were probably not as true now as they were when the book was written.

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### **Krisha says**

I really liked this book. It had good information but wasn't condescending like a lot of breastfeeding books tend to be. Most importantly it gave me a lot of confidence that I can in fact breastfeed.

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### **Stasy H says**

If you can get past the first three chapters where the author does nothing but shame anyone who chooses to use formula (doctors who even recommend supplementing are committing malpractice; seriously?) and can

deal with what is supposed to be funny, but in reality is a condescending tone, then there is some good information in there.

Not worth it, though, with the ability to find the same information elsewhere.

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### **Arlynda says**

My sister lent me this book when I was pregnant with my first baby. I really liked reading it, it was funny and informative. Little did I know how informative it was until I actually had my cute little baby home from the hospital. Besides my husband, I would have to credit this book with keeping me breastfeeding even when it seemed impossible to keep going. I bought my own copy when I was pregnant with my second child, and have been loaning it to friends ever since. Make the dad read it too, it will help him be more supportive.

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### **Eileen says**

3 1/2 stars. If you are committed to breastfeeding your baby, this book will reaffirm that you are doing the right thing. If you are on the fence about it, it will convince you to at least try it out. Breastfeeding is definitely the best thing for baby. I knew that before of course but I never really gave much thought to formula. All that said, I don't know for how long I personally will breastfeed or how long I will exclusively breastfeed. The author is kind of all or nothing, as in she doesn't really condone supplementing or even pumping which I certainly don't agree with, particularly for working moms. She does say "a little is better than none" but she almost makes it sound like a little and none are the same thing. I certainly don't think I will still be breastfeeding when my baby is able to talk. But I guess you never know. I know after reading this book I will feel guilty about weaning/supplementing with formula. I doubt I need more guilt in my life. My attitude towards breastfeeding (and most parenting things, since I am new at all of this) is to see how it goes and do the best I can.

Editing several months later...

I now kind of wish I hadn't read this book. I had my baby 2/12 and I have not been successful w/ the breastfeeding. I keep thinking back to this book and I feel guilty for giving her formula. The book makes it sound like it's your fault if your supply is low (or you are just plain lying) and that formula is practically poison. My situation is unique and I have come to realize that you have to work w/ what you've been givin. I still feel that breastfeeding is best but if you can't do it for whatever reason, it doesn't mean you are a bad parent. At least, I hope not.

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### **Lea Minniti says**

Unlike books in La Leche League's library, this book assumes a certain level of emotional discomfort with breastfeeding. It's written to confront the attitudes of mainstream U.S. culture toward breastfeeding, but sometimes the assumptions made were frustrating.

The tone is informal and casual, it's as if you're reading a book from a friend. This book does provide extremely useful information on how to overcome large and small problems with the mechanics of

breastfeeding, how to deal with friends and family who are not supportive, as well as provides ample information about the physical and emotional benefits of breastfeeding. There's a good resource section in the back. This is an easy, fun read. I highly recommend it.

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### **Selena Beckman-Harned says**

The lighthearted tone of this book is very refreshing! It's almost twenty years old, though, and some of its age is beginning to show. Still a lot of good, useful information, though.

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### **Philitsa says**

My mother-in-law gave me this book for Christmas and I read it while pumping. The book was very informative and entertaining and I'd recommend it to anyone looking for a quick and light read on the subject of breastfeeding. The author shares some real-life examples of do's and don'ts that even I could relate to as a breastfeeding newbie.

I have one complaint that is not unique to this book. Every piece of printed material about breastfeeding I've come across (even the directions to the breast pump I have!) spends a good third of its real estate on the benefits of breastfeeding. A note to authors and publishers: If I purchased this book, breast pump, bottle, nipple, sterilization equipment, nursing pillow, etc., I'm probably past the point where I need to be convinced that breastfeeding is superior to bottle feeding with formula. Save some trees and ink!

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### **Eugenie Winkler says**

This had a lot of good information but is aggressively preachy. I understand it was written when the public opinion was against breastfeeding but now it just reads very preachy and judgmental.

The first two chapters are convincing you to breastfeed.

The weaning section is short and mostly tells you that if you're thinking about weaning really you should reconsider.

Otherwise it's a good book for someone who has already decided to breastfeed or is breastfeeding already.

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