

Milky Moments

Reviewed by **Jacque Gerrard, Director (England), The Royal College of Midwives, UK**

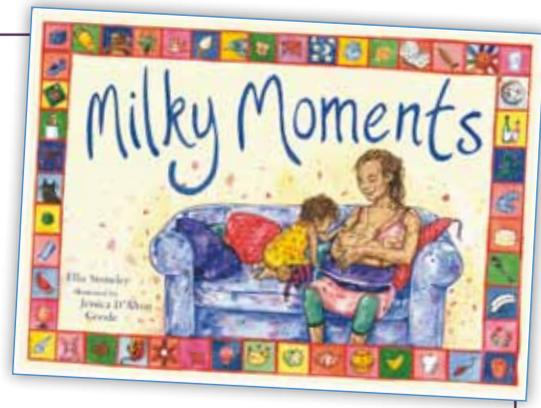
Milky Moments is a breastfeeding book with a difference. It is an eye-catching, colourful book with beautiful illustrations and a serious message about the importance of breastfeeding. This book has a relaxed and informal appeal, which will support health professionals, skilled birth attendants such as African midwives and women understand that breastfeeding is important babies. *Milky Moments* is not the usual midwifery academic read, but it is something of a unique and precious gem of a book, particularly as the positioning of the breastfeeding baby in every picture has been determined using the evidence base.

This book will aid African midwives to raise the importance of breastfeeding to a higher level of awareness by sharing the *Milky Moments* story with families, as the illustrations help to tell the story. In a country where health care services are less developed, it is critical that women are encouraged to breastfeed their infants as one of the key benefits is that breast milk protects babies from infection and disease. By helping more African health professionals and midwives, as well as women, understand that breastfeeding is normal and healthy and that the milk produced is at the right temperature, accessible at any time and the right consistency for the baby to have whenever he needs, breastfeeding rates and health care outcomes will improve.

This message will be echoed by the health professionals using the book to send out a strong public health message that breastfeeding is key to giving African babies and families the very best start in life.

Milky Moments
By **Ellie Stoneley**
Illustrated by **Jessica D'Alton Goode**

Published by Pinter and Martin,
London
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Price: £6.99



Breastfeeding is a natural choice for mothers to nourish their babies, and the importance of spreading this health message is illustrated throughout the book as we see happy, normal women breastfeeding in a non-intrusive way and as part of everyday socialising with family and friends. The book advocates everything that African midwives and health professionals aim for from a public health perspective, promoting skin-to-skin contact and close and loving relationships that encourage bonding and positive parenting.

It is the pictures complementing the story that give this book its charm and uniqueness. Although not a midwifery-focused or academic book, it is one that African midwives and maternity support workers can advise families to become engaged with and women will enjoy sharing with their children. This is particularly important for women with toddlers during a second (or subsequent) pregnancy, where the younger members of the extended family become curious around breastfeeding. The cleverly portrayed story can help demys-

tify breastfeeding, introducing it positively to very young children as a normal, loving act from a mother to her baby.

The book is written by a British mother, Ellie Stoneley, who birthed some 3 years ago and still breastfeeds her toddler. The illustrator, Jessica D'Alton, is highly experienced in producing images that are attractive and fun for both children and adults. The book portrays the journey of life as many families experience it across the world, as the beautiful pictures show home life, journeys, going to market, public and family gatherings, where women breastfeed uninterrupted and happily.

The people in the illustrations are based on real people having experienced birth and breastfeeding and will help care workers in the community to advise and support women on the daily challenges of breastfeeding, either at a clinical level or from a social and emotional perspective. This book will have widespread appeal to health professionals, midwives and community healthcare workers working with families across Africa and beyond. **AJM**



Book reviews

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