

## **WHY FORMULA FEEDING MATTERS.**

**A review**

**by**

**Kathryn Downey PHN IBCLC**

Oftentimes you need a quick resource to help you answer questions regarding infant feeding from more than one perspective! Well look no further, in this book, another in the series from Pinter and Martin you have just that! Don't judge a book by its cover as Shel Banks certainly provides a dearth of information on all aspects of infant feeding. All wrapped up in a small book perfect to fit in the practitioner's tool kit. A little book with facts and research coupled with sound advice for parents deciding how to feed their infant and for practitioners alike to provide the evidence based information.

Banks acknowledges the most important aspect of infant feeding "what all mothers want, regardless of how they feed their baby, is to be able to do the best job we can...". And to do this every parent deserves to have the relevant, most recent and evidence based information to make an informed decision. Presented over 9 chapters, Banks offers sound advice encouraging parents and practitioners alike to seek evidence to support choices rather than advice and opinion which invariably is fraught with bias. Banks delves into interpreting the research – explaining how to decipher the information and identifying how to filter the scientific evidence and its limitations.

Banks provides critical information on formula safety, including a discussion on homemade varieties which she categorically warns against! But also discusses alternatives to infant milk formula most importantly donor breast milk and how informal sharing of milk works again offering choices for parents.

This is, not only, a little book about formula milk feeding, but offers insight to parenting and providing the best nutrition possible, with the best information possible, in the best way possible for individual families.