



Media Reviews

by Kathleen A. Marinelli MD, IBCLC, RLC, FABM



*BabyBabyOhBaby: Nurturing
Your Gorgeous and Growing
Baby by Breastfeeding*

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\$26.00
28 minute DVD

www.BabyBabyOhBaby.com

This beautifully composed DVD is a must-see for all! It is meant for mothers and families who are either contemplating breastfeeding, or may have already made the decision, but still have doubts. Professionals should view it as well. It is a practical, real-world guide to breastfeeding. The experts are real mothers and babies who let you into their breastfeeding lives, tell you honestly what to expect, and want to share the joy they have found in

breastfeeding. They are not necessarily demonstrating perfect technique. But they are all successfully breastfeeding. As is stated on the cover:

Much more than a how-to film, BabyBabyOhBaby: Breastfeeding, is a heart-felt, honest, and reliable introduction to one of the very best parts of motherhood.

The entire DVD is visually and auditorily calming and soothing. It begins with mothers talking about the wonderment of pregnancy, babies, and breastfeeding while showing beautiful photographs of mothers and their babies. Gentle music plays in the background as the narrator speaks: “Breastfeeding is the heart of mothering. The way nature wants you to take care of your baby. The miracle of a woman’s body growing a cell to a baby to a person leads to the importance of the first hour—“skin to skin and heart to heart,” a time to relax, recuperate, and begin the bond of a lifetime.

The next section is the breast crawl, and beautifully shows video of babies finding their way to the breast, and baby-led breastfeeding. The narrator talks about the early milk, colostrum, how it helps the immune system and the intestines. It also describes how the milk changes over time to provide exactly what an individual baby needs at that particular time. She discusses oxytocin, the “cuddle hormone,” and a mother emotionally says, “I am the only person who grew her and can sustain her!”

The narrator tells us that the key is comfort: calm, snuggles, present in mind, body, and spirit. Refreshingly, we are told that the best position is—whichever works best! The baby is already an expert most of the time. So just let them do their thing.

The mothers are of all ages, ethnicities, and one has tattoos: in other words, normal moms. Breastfeeding is depicted as “on the job training.” There is no right or wrong—as long as mom is comfortable, the baby is getting milk, and it becomes second nature. If things don’t seem to be going well, first thing to do is to go back to the beginning: laid-back breastfeeding. Mothers are also told that if they need help, they should contact their lo-

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cal La Leche League, their health care provider, or an internationally board certified lactation consultant.

The second-most important job in the world is that of the mother's partner. It is the partner's job to nurture mom so she can nurture the baby. But it is also important for the baby and partner to have special bondingtime as well.

A section on questions and answers addresses the following, all visually and verbally by mothers and babies:

- How do I know my baby is hungry?
- What is a feeding cue?
- How do I know my baby is getting enough?
- My breasts are too big/small. Can I still breastfeed?
- This is not working. What do I do?

Mothers' groups are suggested as a great idea for support, talking over questions, and watching other mothers and babies interact. Then going back to work or school is discussed, showing mothers expressing milk with a variety of types of pumps, and even hand expressing into a bottle. The last topic is weaning, with a reminder that the American Academy of Pediatrics recommends exclusive breastfeeding for six months, and at least one year of continued breastfeeding. This is truly a beautiful DVD, and I highly recommend it to all pregnant mothers and their partners. As a healthcare provider, I also recommend it to all of us who counsel mothers about breastfeeding. This critical subject is presented in the most gentle, beautiful, calm way I have ever seen, and I think we would all learn from this approach. I can certainly see this video playing in waiting rooms where pregnant mothers are waiting for healthcare. What a beautiful picture to come away with!



Kathleen Marinelli MD, IBCLC, FABM, FAAP an expert in the field of Human Lactation, is an Associate Professor of Pediatrics at the University of Connecticut School of Medicine, and a neonatologist and directs Lactation Support Services at Connecticut Children's Medical Center, Hartford, CT. She serves

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Stark Productions is the creator and distributor of the BabyBabyOhBaby series of parenting videos. Each is designed to inspire, motivate and educate.

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www.BabyBabyOhBaby.com