

Milk: An Intimate History of Breastfeeding by Joanna Wolfarth

The act of nourishing our babies is shaped by cultural norms, economic factors, and biological realities, while also holding deep personal significance and emotional weight. 'Milk' explores the concept of infant feeding beyond the biological bond between mother and child.

It examines how the world views caregivers, their bodies, their labor and their communal bonds. By combining art, social histories, philosophy, folk wisdom and contemporary interviews with women from across the world, 'Milk' reveals how infant feeding has been represented, repressed, celebrated and censured.

Insights for Change Makers

The book provides valuable information on issues related to maternal health, child development, and gender equality.

Changemakers can use it to develop awareness and sensitize people about the challenges and opportunities surrounding breast feeding. They can also advocate for policies and initiatives that support mothers and families. This could include better access to healthcare, nursing rooms etc.

Reviews and Criticism

The book discusses alternate methods of breast feeding and answers the question of how babies were breastfed before the technology we currently have. It is reassuring and comforting for mothers who struggle with nursing.

However, the book approaches breast feeding from the western-centric perspective of an upper-class white woman. This experience will vary based on different ethnic and cultural practices and beliefs.

Credits- Goodreads

Also used for reference- [Gemini AI](#)

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