

# Book Review

**Baby Bites** by Bridget Swinney. Minnetonka, MN: Meadowbrook Press; 2007. 370 pages, paperback, \$15.

*Baby Bites* is an authoritative, practical guide on feeding infants from newborn to toddler and preschooler. This comprehensive, easy-to-read book, written by Bridget Swinney, an experienced registered dietitian and mother, provides information and practical tips to help parents through early feeding experiences along with ideas on how to develop healthy eating habits for their family. The book is divided into 2 sections. Part 1, "The Liquid Diet," consists of 7 chapters covering the early stages of feeding. Part 2 is titled "Adding Solids," with 11 chapters covering the stages from first weaning foods to the toddler and preschool years.

Part 1 focuses on breast-feeding and formula feeding. It includes scientific facts and practical advice presented in an easy-to-read and often humorous way. The author discusses the many benefits of breast-feeding, the practical aspects, and where to seek further information and assistance. One example of the humor interjected throughout the book is in the text box on page 23 "ideas for the cash you don't spend on formula" where the author gives the new mother cash values for the months not using formula and ideas on ways to spend the money saved. Readers may particularly enjoy the 6-month incentive of "a very nice new wardrobe for Mom" and the 12-month saving of \$1872, which would buy round trip tickets and a vacation in Hawaii.

Chapters in part 1 also discuss the feeding implications of returning to work, understanding a baby's digestive system and common digestive problems, allergies and intolerances, as well as growth and appetite. There is an excellent section on the practicalities of formula feeding with clear guidelines for safe preparation and managing common formula feeding problems.

Part 2 guides the new mother through beginning solids, making homemade baby food, progressing to family meals, and establishing healthy eating patterns. It offers guidance and practical ideas for every stage, including sample menus, recipes, and cooking tips. Common nutritional and feeding problems are explained with interventions and advice on when to seek medical help.

Reference to scientific literature is made throughout, and a short reference list is included for each chapter. Useful Web resources also are included.

The first page of each chapter has an illustration relating to that chapter and interesting quotations from a wide variety of people—medical practitioners to Olympic athletes and famous novelists.

The only criticism is of the illustrations for part 1 and chapter 1, which may overemphasize formula feeding with 7 feeding bottles in the 2 illustrations. This does not reflect the content of the chapters, and I suggest a change on reprint to reflect the breast-feeding emphasis.

Mothers will identify with the excellent case studies and practical examples used throughout the book to illustrate feeding situations. This is the perfect book to prepare for each stage of feeding. It also would be a useful addition to the bookshelf of any RD who works with pregnant mothers and young children.

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