



Breastfeeding BOOKFinder

The Black Women's Guide to Breastfeeding

Katherine Barber
Naperville, IL: Sourcebooks, Inc., 2005
Soft cover, \$12.95, 288 pages

An up-to-date guide that looks at the social and economic issues that face black women while explaining how to breastfeed. Topics covered in the book include the basic of breastfeeding, tips for success, how to overcome barriers, fathers in the picture and returning to work.

Breastfeeding 101: A Step-by-Step Guide to Successfully Nursing Your Baby

Sue Tiller
Centerville, VA: TLC Publishing, 2005
Soft cover, \$9.95, 96 pages
Spanish available

A step-by-step guide, as the title states, on how to breastfeed. This easy to read book with large print and simple language contains helpful illustrations. The book targets those first few weeks after the baby is born and includes a feeding and diaper log.

Breastfeeding: A Mother's Gift

Pamela Wiggins
Franklin, VA: L.A. Publishing Company, 2006
Soft cover, \$9.95, 159 pages
Spanish available

A well organized and up-to-date book on breastfeeding. The book covers the benefits of breastfeeding, preparing to breastfeed, breastfeeding aids, common questions, starting solids, and much more. The friendly writing style of the book makes it easy to read.

Breastfeeding, A Parent's Guide

Amy Spangler
Cincinnati, OH: Specialty Lithography, 2006
Soft cover, \$12.50, 192 pages
Spanish available

This guidebook is written in a concise and easy to read format. Line drawings appear throughout the book. Chapter titles include Beginning to Breastfeed, Especially for Fathers, Breastfeeding and the Working Mother, Collection and Storage of Breast Milk, Weaning, and Common Questions.

The Breastfeeding Book

Martha Sears and William Sears
New York, NY: Little, Brown and Company, 2000
Soft cover, \$14.95, 258 pages

The focus of the book is breastfeeding from the newborn period through weaning. This complete breastfeeding guide covers basic breastfeeding information as well as special situations. Topics you will find included are medications, tips for working women, nighttime feedings, the father's role, mother and babies with special needs, and weaning.

Breastfeeding for Dummies

Sharon Perkins and Carol Vannais
Indianapolis, IN: Wiley Publishing, Inc., 2004
Soft cover, \$16.99, 336 pages

A resource written in the "For Dummies" format includes tips, warnings, and remember symbols in the margins by important points. Written in an easy to read format with short paragraphs and frequently bulleted lists of suggestions, the book will guide you from preparing to breastfeed prenatally through weaning. A tear out cheat sheet entitled, "Breastfeeding Month by Month" is included.

Bestfeeding: How to Breastfeed Your Baby

Mary Renfrew, Chloe Fisher and Suzanne Arms
Berkeley, CA: Ten Speed Press, 2004
Soft cover, \$14.95, 296 pages

Starting to breastfeed and how breastfeeding works is the focus of information presented in this handy guide. The many photos and drawings help present the breastfeeding information in a clear way. Sections in the book include Modern Myths, Mothers Breastfeeding Stories, Why Breastfeed, and Things You Need to Know.

Breastfeeding, Keep It Simple

Amy Spangler
Cincinnati, OH: Specialty Lithography, 2006
Soft cover, \$5.25, 102 pages
Spanish and French available

This easy to read guide covers everything from starting to breastfeed, to taking care of yourself and your baby, returning to school or work, and where to get help. Drawings throughout the book enhance the topic being covered.

Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers

Nancy Mohrbacher and Kathleen Kendall-Tackett
Oakland, CA: New Harbinger Publications, Inc., 2005
Soft cover, \$16.95, 276 pages

This book offers up-to-date advice on effective breastfeeding techniques. A set of laws or principles are presented to help mothers have a successful breastfeeding experience and avoid common pitfalls. Chapter titles include Latch-on, The First Week of Breastfeeding, How Your Baby Sets your Milk Supply, and Daily Life with Your Breastfed Baby.

Breastfeeding Pure and Simple

Gwen Gotsch
Schaumburg, IL: La Leche League Internat'l, 2000
Soft cover, \$9.95, 116 pages

This book provides new mothers with basic information that will help them through the early months of breastfeeding. The practical and emotional needs of mothers are addressed throughout the book.

Breastfeeding Your Premature Baby

Gwen Gotsch
Schaumburg, IL: La Leche League Internat'l, 2005
Soft cover, \$6.95, 60 pages

Specific guidelines for breastfeeding the premature baby are the focus of this booklet.

Defining Your Own Success: Breastfeeding After Breast Reduction Surgery

Diane West
Schaumburg, IL: LaLeche League Internat'l, 2005
Soft cover, \$24.95, 328 pages

This resource explores the breastfeeding options available for women who have had breast reduction surgery.

Hirkani's Daughters: Women Who Scale Mountains to Combine Breastfeeding and Working

Jennifer Hicks, editor
Schaumburg, IL: La Leche League Internat'l, 2005
Soft cover, \$14.95, 338 pages

The title of the book comes from a milkmaid in the 1600s who legend says had to climb a vertical cliff to get back to her breastfed baby. This book is a collection of 70 short stories from moms who combined breastfeeding in a wide variety of job settings in 35 countries including the US. *Hirkani's Daughters* includes stories from teachers, day care providers, and social workers. Stories are also written by a mechanic, casino dealer, maid, dispatcher, stand-up comedian, computer specialist and many more.

Mothing Multiples: Breastfeeding and Caring for Twins or More

Karen Gromada
Schaumburg, IL: La Leche League Internatl, 2007
Soft cover, \$18.95, 429 pages

Breastfeeding and taking care of twins are covered both on the emotional and practical level. This book looks at adjusting to twins, coordinating the feeding, and positions for breastfeeding both babies together. Other topics covered are allowing for individual identity, dealing with hospitalization, and how to go places with twins.

New Mother's Guide to Breastfeeding

Joan Younger Meek
New York, NY: Bantam Books, 2005
Soft cover, \$13.95, 304 pages

A handbook filled with essential information for new mothers. Each chapter starts out with a quote from a breastfeeding mom. This book is enhanced by drawings and information boxes. Areas covered include how breastfeeding works, the first feedings, nutrition tips, special situations, father's role, feeding past infancy, and weaning.

Nursing Mother, Working Mother

Gayle Pryor and Kathleen Huggins
Boston, MA: The Harvard Common Press, 2007
Soft cover, \$12.95, 256 pages

This book covers what a working mom needs to know from the basics of breastfeeding to milk supply, breast pumps and pumping, storage of breast milk, and getting support from child care providers, bosses and coworkers.

The Nursing Mother's Herbal

Sheila Humphrey
Minneapolis, MN: Fairview Press, 2003
Soft cover, \$16.95, 355 pages

This is a complete guide on breastfeeding plus information on specific herbal remedies that may be used in a variety of breastfeeding situations. An extensive list of organizations and websites are included in the appendix as well as a listing of plants and their safety ratings.

Nursing Your Baby

Karen Pryor and Gale Pryor
New York, NY: HarperCollins, 2005
Soft cover, \$15.95, 480 pages

This classic guide on breastfeeding has been updated and includes new information on the health benefits of breastfeeding, tips to get nursing off to good start, advice for working moms, choosing a breast pump, legal rights of breastfeeding mothers, and how dads can support their partners.

Breastfeeding an Adopted Baby and Relactation

Elizabeth Hormann
Schaumburg, IL: La Leche League Internatl, 2006
Soft cover, \$10.95, 66 pages

A booklet filled with practical advice for the mother who had adopted a baby and wishes to breastfeed or is relactating. Information includes bonding, establishing a milk supply, supplementing and locating a support system.

The Nursing Mother's Companion

Kathleen Huggins
Boston, MS: The Harvard Common Press, 2005
Soft cover, \$14.95, 308 pages

Practical yet specific tips for breastfeeding mothers are the focus of this book. The format, based on the age of the baby and whether the concern is for the mother or baby, makes it easy to use. Clear descriptions and pictures of many techniques provide mothers with the help and support they need.

The Nursing Mother's Guide to Weaning

Kathleen Huggins and Linda Ziedrich
Boston, MA: The Harvard Common Press, 2007
Soft cover, \$11.95, 224 pages

This guide describes how to wean the young infant, less than 4 months, through weaning the toddler, over 3 years. The book looks at weaning on the emotional as well as nutritional level.

So That's What They're For! Breastfeeding Basics

Janet Tamaro
Holbrook, MA: Adams Media Corporation, 2005
Soft cover, \$12.95, 337 pages

Breastfeeding Basics is presented in a humorous yet practical way with information given on a variety of topics from preparing for the birth through weaning. The book is divided into the following three headings: The Learning Curve, Mine Didn't Come With a Manual, and Everything Else You Wanted to Know But Were Too Tired to Ask.

The Ultimate Breastfeeding Book of Answers

Jack Newman and Teresa Pitman
New York, New York: Three Rivers Press, 2006
Soft cover, \$19.95, 441 pages

An informative book with answers and advice on nearly every breastfeeding aspect. Breastfeeding issues addressed include breastfeeding premature babies and babies with special needs; breastfeeding during illness and separation; special situations including adoption and breast surgeries; and preventing and dealing with common concerns such as sore breasts, colic, and jaundice.

Why Should I Nurse My Baby

Pamela Wiggins
Franklin, VA: L.A. Publishing Company, 2005
Soft cover \$5.95, 64 pages
Spanish, French, Native American, Vietnamese, Chinese, and Creole available

The basics of breastfeeding are covered in an easy to read format. Topics covered include the benefits of breastfeeding, breastfeeding in the hospital, the first few weeks, and common concerns of the mother and baby. Many drawings and photos make the book quick to use.

The Womanly Art of Breastfeeding

La Leche League International
New York, NY: New American Library, 2004
Soft cover, \$16.95, 480 pages
Spanish available

Complete information about breastfeeding is provided in this classic book. Research based knowledge is included as well as personal stories from real mothers. Section headings include Planning to Breastfeed, The Early Months, Going Back to Work, As Your Baby Grows, and Special Situations.

Working Without Weaning

Kirsten Berggren
Amarillo, TX: Hale Publishing, 2006
Soft cover, \$24.95, 299 pages

This is a step by step guide with practical advice by the author, a breastfeeding mom herself, with stories from real life moms who have combined breastfeeding and working. Chapter titles include Starting Pumping, Your First Days Back at Work, Common Concerns in the First Six Months, Work Arrangements, and Common Concerns the Second Six Months.

We provide this list as a service. We do not officially endorse any of these books. This list is not all encompassing.

Iowa WIC Program
Iowa Department of Public Health
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