SUGGESTED BOOKS FOR INFANTS AND CHILDREN

- ***Baby on the Way.*** (Sears Children Library) William Sears, Martha Sears, Renee Andriani (Illustrator), Christie Watts Kelly. Little Brown Young Reader (September 2001).
- ***Breastmilk Makes My Tummy Yummy.*** Cecilia Moen. Midsummer Press (August 1999).
- ***Happy Birth Day!*** Robie H. Harris. Candlewick Press (May 2002).
- ***I'm Made of Mama's Milk.*** Mary Olsen. Mary Olsen Publishing (June 2002).
- ***Mama's Milk.*** Michael Elshon Ross, Ashley Wolff. Tricycle Press (March 2008).
- ***Michele, the Nursing Toddler—A Story about Sharing Love***. Jane M. Pinczuk. La Leche League International (October 1998).
- ***Mommy Breastfeeds Our Baby.*** Teresa P. Carroll. Nubaby, Inc. (June 1990) for Spanish; publ is NuAngel, Inc. (January 2005)
- ***My New Baby.*** Annie Kubler. Child's Play Intl. (September 2000).
- ***Near Mama's Heart.*** Colleen Newman. Trafford Publishing (May 2006).
- ***Nursing Baby.*** Janine R. Berry. PublishAmerica (September 2005).
- ***Sophie & the New Baby.*** Laurence Anhot & Catherine Anholt. Orchard Books (September 2004).
- ***The Best Gifts.*** Marsha Forchuk Skrypuch. Fitzhenry & Whiteside Ltd. (October 1998).
- ***The World is Full of Babies.*** Mick Manning & Brita Granstrom. Franklin Watts Ltd. (March 2004).
- ***We Have a Baby.*** Cathryn Falwell. Clarion Books (March 1999). Spanish version published by HMH Books. August 2008.
- ***We Like to Nurse***. Chia Martin. Hohm Press (July 1994).
- ***We Like to Nurse Too.*** Mary Young. Hohm Press (September 2009)
- ***Welcoming Babies***. Margy Burns Knight. Tillbury House (June 2003).
- ***What Baby Needs.*** (Sears Children Library) William Sears, Martha Sears, Renee Andriani (Illustrator), Christie Watts Kelly. Little Brown Young Reader (September 2001).

***These books available in Spanish.**

SUGGESTED WEBSITES

- *www.4woman.gov/breastfeeding* (links to the National Breastfeeding Helpline)
- *www.aap.org/breastfeeding* (Amer. Academy of Pediatrics)
- *www.bfar.org* (breastfeeding after breast or nipple surgery)
- *www.breastfeeding.com*
- *www.breastfeedingbasics.com*
- *www.breastfeedingonline.com*
- *www.breastfeedingtaskforla.org* (links to information & handouts in multiple languages)
- *www.brianpalmerdds.com* (information on breastfeeding and frenulums)
- *www.californiabreastfeeding.org*
- *www.cdc.gov/breastfeeding*
- *www.cdph.ca.gov/programs/breastfeeding*
- *www.cdph.ca.gov/programs/wicworks* (select "breastfeeding" from topics menu)
- *www.drjacknewman.com*
- *www.global-breastfeeding.org*
- **www.ilca.org* (can access Spanish & other language versions of materials on website)
- **www.llli.org* ((can access Spanish & other language versions of website)
- *www.kellymom.com*
- *www.massbfc.org* (Massachusetts Breastfeeding Coalition)
- *www.marchofdimes.com* (type "breastfeeding" into search box)
- *www.nal.usda.gov/wicworks/Topics* (select "breastfeeding" from topics menu)
- *www.ocbreastfeedingcoalition.org*
- **www.prlacta.org* (Spanish website)
- *www.promom.org*
- *www.usbreastfeeding.org*
- **www.waba.org.my/* (can access Spanish & other language versions of materials on website)
- *www.who.int* (World Health Organization – type "breastfeeding" into search box)

***Spanish website/materials.**

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BREASTFEEDING

RESOURCES LIST

July 2010

(includes Spanish & Vietnamese listings)

Health Care Agency/Public Health Services
Nutrition Services WIC Program

RESOURCE LIST

The Breastfeeding Resource List is prepared by the Orange County Health Care Agency's Nutrition Services/WIC Program. Nutrition Services is dedicated to the promotion and support of breastfeeding through education and awareness. The Breastfeeding Resource List is provided to assist county residents in making informed decisions about their health and the health of their children. More information about Nutrition Services may be found at **www.ochealthinfo.com/public/nutrition/.**

Breastfeeding Support Line
(714) 834-8363

Please send comments or suggestions to:
lobaid@ochca.com

Write to:
Orange County Health Care Agency
Nutrition Services
1725 W. 17th Street
Bldg. #50, Rm 110G
Santa Ana, CA 92706

To contact by phone please call:
(714) 834-7986

SUGGESTED BREASTFEEDING BOOKS FOR ADULTS

- ***Bestfeeding: How to Breastfeed Your Baby.*** Mary Renfrew, Chole Fisher & Suzanne Armes. 10-Speed Press (June 2004).
- ***Breastfeeding: A Parent's Guide.*** Amy Spangler. 8th Edition. Amy's Babies (February 2006).
- ***Breastfeeding: Keep it Simple.*** 2nd Edition. Amy Spangler. Amy's Babies (January 2006).
- ***Breastfeeding: Your Priceless Gift to Your Baby and Yourself.*** Regina Ryan & Deborah Auletta. Hohm Press (March 2006).
- ***Breastfeeding 101: A Step-by-Step Guide to Successfully Nursing Your Baby.*** 2nd Edition. Sue Tiller & Mary E. Didion-Carlsey. TLC Publ. (January 2005).
- ***Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers***. Nancy Mohrbacher & Kathleen Kendall-Tackett. New Harbinger Publ. (September 2005).
- ***El Gran Libro de la Lactacion Materna/the Great Book of Maternal Lactation.*** Suzanne Fredregil. Susaeta Ediciones (September 2005).
- ***Guía Fácil de Amantar a su Bebé.*** 2nd Edition. Sue Tiller. TLC Press (May 2005).
- ***Hirkani's Daughters: Women Who Scale Modern Mountains to Combine Breastfeeding & Working.*** Jennifer Hicks. La Leche League Int'l. (September 2005).
- ***How Weaning Happens.*** Diane Bengson. La Leche League Int'l. (March 2000).
- ***Lactancia Materna: La Guía de Vida.*** Anne Mark. Alpha (October 2001).
- ***Mothering Multiples: Breastfeeding & Caring for Twins or More!*** 3rd Edition. Karen K. Gromada. La Leche League Int'l. (April 2007).
- ***Mothering Your Nursing Toddler.*** Norma J. Bumgarner. La Leche League Int'l. (February 2000).
- ***Nursing Mother, Working Mother*** (revised). Gayle Pryor & Kathleen Huggins. The Harvard Common Press (April 2007).
- ***So That's What They're For! The Definitive Breastfeeding Guide.*** Janet Tamaro. 3rd Edition. Adams Media Corp. (May 2005).
- ***The Breastfeeding Answer Book.*** 3rd Edition. La Leche League Int'l. (May 2005).
- ***The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth to Weaning.*** Martha Sears, RN & William Sears, MD. Little Brown (March 2000).
- ***The Complete Book of Breatfeeding.*** 4th Edition. Marvin Eiger, Sally Wendkos, Laura Marks MD. Workman Publishing Co. (August 2010)
- ***The Milk Memos: How Real Moms Learned to Mix Business with Babies – And How You Can, Too.*** Cate C. Smith & Andrea Serrette. Tarcher (March 2007).
- ***The New Mother's Guide to Breastfeeding.*** AAP & Joan Meek. (& MR Gonzalez – Spanish version). Bantam (April/December 2005).
- ***The Nursing Mother's Companion.*** Kathleen Huggins. 5th Edition. Harvard Common Press (March 2005).
- ***The Nursing Mother's Guide to Weaning*** (revised). Kathleen Huggins & Linda Ziedrich. The Harvard Common Press (April 2007).
- ***The Ultimate Breastfeeding Book of Answers*** (revised). Jack Newman & Teresa Pitman. 3 Rivers Press (November 2006).
- ***The Womanly Art of Breastfeeding.*** 8th Edition. Diane Wiessinger. Ballantine Books. (July 2010).
- ***Working without Weaning: A Working Mother's Guide to Breastfeeding.*** Kirsten Berggren. Hale Publishing (June 2006).
- ***#Why Should I Nurse My Baby?*** Pamela K. Wiggins. LA Publishing LLC (July 2005).

***This book is available in Spanish.**
***#This book is available in Vietnamese.**