

SUGGESTED BOOKS FOR INFANTS AND CHILDREN

- ***A Teeny Tiny Baby.*** Amy Schwartz. Orchard Books (September 2000).
- ***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 (April 2007).
- ***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).
- ***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 Press (September 2004).
- ***The Best Gifts.*** Marsha Forchuk Skrypuch. Fitzhenry & Whiteside Ltd. (March 1999).
- ***The World is Full of Babies.*** Mick Manning & Brita Granstrom. Franklin Watts Ltd. (March 2004).
- ***We Have a Baby.*** Cathryn Falwell. Clarion Books (August 1993).
- ****We Like to Nurse.*** Chia Martin. Hohm Press (July 1994).
- ***Welcoming Babies.*** Margy Burns Knight. Tillbury House (February 1998).
- ***What Baby Needs.*** (Sears Children Library) William Sears, Martha Sears, Renee Andriani (Illustrator), Christie Watts Kelly. Little Brown Young Reader (September 2001).
- ***Will There Be a Lap For Me?*** Dorothy Corey. Albert Whitman & Co. (September 1995).



*These books available in Spanish.

SUGGESTED WEBSITES

- <http://lactation.ucdavis.edu>
- www.4woman.gov/breastfeeding
- www.bfmed.org
- www.breastfeeding.com
- www.breastfeedingonline.com/newman.shtml
- www.breastfeedingtaskforla.org (includes links to information in multiple languages, e.g. Vietnamese, Spanish, Chinese, etc.)
- www.californiabreastfeeding.org
- www.cdc.gov/breastfeeding/index.htm
- www.eatright.org
- www.hmhb.org
- www.ilca.org
- www.lalecheleague.org (Spanish available)
- www.marchofdimes.com (type "breastfeeding" in search box)
- www.mch.dhs.ca.gov/programs/bfp
- www.nal.usda.gov/wicworks/Learning_Center/Breastfeeding.html
- www.neonatal.ttuhscc.edu/lact
- <http://nutrition.berkeley.edu/extension/vietnamese/html> (Vietnamese resources, website is in English)
- <http://nutrition.ucdavis.edu/briefs>
- www.nutritionnc.com/breastfeeding
- www.ocbreastfeedingcoalition.org
- www.prlacta.org (Spanish website)
- www.promom.org
- www.waba.org.my/
- www.welcome.to/breastfeeding
- www.wicworks.ca.gov/breastfeeding/BFResources.html



The WIC Program is operated in accordance with the U.S. Department of Agriculture policy that prohibits discrimination on the basis of race, color, sex, age, handicap, religion, or national origin.



BREASTFEEDING



Resource List

Summer 2007
(includes Spanish & Vietnamese listings)



Health Care Agency
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 (August 2004).
- **Breastfeeding: A Mother's Gift.** Pamela K. Wiggins. LA Publishing LLC (July 2006).
- **Breastfeeding: A Parent's Guide.** Amy Spangler. 8th Edition. (February 2006).
- **Breastfeeding: Your Priceless Gift to Your Baby and Yourself.** Regina Ryan & Deborah Auletta. Hohm Press (March 2005).
- **Breastfeeding for Dummies.** Sharon Perkins. For Dummies (March 2004).
- **Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers.** Nancy Mohrbacher, Kathleen Kendall-Tackett. New Harbinger Publ. (September 2005).
- **Breastfeeding Pure and Simple.** Gwen Gotsch. La Leche League Int'l. (January 2000).
- **El Gran Libro de la Lactacion Materna/the Great Book of Maternal Lactation.** Suzanne Fredregill. Susaeta (September 2005).
- ***Guía Fácil de Amamantar a su Bebé.** Sue Tiller. TLC Publ. (May 2005).
- **Hirkani's Daughters: Women Who Scale Modern Mountains to Combine Breastfeeding & Working.** Jennifer Hicks, ed. 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 Marke. Alpha (October 2001).
- **Mothering Your Nursing Toddler.** Norma J. Bumgarner. La Leche League Int'l. (February 2000).



- ***New Mother's Guide to Breastfeeding.** AAP & Joan Meek. (& MR Gonzalez – Spanish version). Bantam (April/December 2005).
- **So That's What They're For! The Definitive Breastfeeding Guide.** Janet Tamaro. 3rd Edition. Adams Media Corp. (June 2005).
- **The Breastfeeding Answer Book.** 3rd Edition. La Leche League Int'l. (January 2003).
- **The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth to Weaning.** Martha Sears, RN, and William Sears, MD. Little Brown (March 2000).
- **The Breastfeeding Cafe: Mothers Share the Joys, Challenges, and Secrets of Nursing.** Barbara L. Behrmann. University of Michigan Press (February 2005).
- **The Milk Memos: How Real Moms Learned to Mix Business with Babies – And How You Can, Too.** Cate Colburn Smith & Andrea Serrette. Tarcher (March 2007).
- **The Nursing Mother's Companion.** Kathleen Huggins. 5th Edition. Harvard Common Press (March 2005).
- **The Nursing Mother's Problem Solver.** Claire Martin, Martha Sears, Nancy Funnemark, & William Sears. Fireside (July 2000).
- **The Ultimate Breastfeeding Book of Answers (Revised).** Jack Newman, Teresa Pitman. 3 Rivers Press (November 2006).
- ***The Womanly Art of Breastfeeding.** Gwen Gotsch and Judy Torgus. 7th Edition. La Leche League Int'l. (May 2004).
- **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).

*These books available in Spanish.

##These books available in Vietnamese.