

# A Basic Breastfeeding Library

Books are listed in a reasonable order of acquisition for serious helpers.

*These are by no means the only good books!*

- The breastfeeding answer book, revised edition.** Mohrbacher N and Stock J. 2003. La Leche League International, Schaumburg, IL. Provides answers to most helping situations. Pocket version available.
- Medications and mothers' milk.** Hale T. 2006. Pharmasoft Medical Publishing, Amarillo, TX.  
A thorough, referenced review of most medications and their effects on the breastfeeding infant. A must!
- The breastfeeding atlas, 3<sup>rd</sup> edition.** Wilson-Clay B and Hoover K. 2005. LactNews Press, Austin, TX.  
A less expensive alternative to the Breastfeeding Answer Book. Lots of photos, even some video on CD!
- Breastfeeding made simple.** Mohrbacher N and K Kendall-Tackett. 2005. New Harbinger Publications.  
A referenced guide for mothers that uses the physiology of mother and baby to explain baby behaviors. Great!
- Supporting sucking skills in breastfeeding infants.** Genna CW, editor. 2007. Jones & Bartlett Publishers, Sudbury, MA. 355 pp. Covers basic latch (baby-led and mother-spiced) and common sucking issues.
- The ultimate breastfeeding book of answers.** Newman J and Pitman T. 2000. Prima Publishing, Roseville, CA.  
An excellent overall book for mothers and their helpers.
- Impact of birthing practices on breastfeeding: protecting the mother and baby continuum.** Kroger M, Smith LJ. Jones and Bartlett Publishers, Sudbury, MA. 2004. Because it all starts with the birth!
- Breastfeeding: a guide for the medical profession, 6th edition.** Lawrence RA. 1999. Mosby, St. Louis. Provides physiological and medical background for the serious breastfeeding specialist.
- Textbook of human lactation.** Hale TW, Hartmann PE. 2007. Hale Publishing, LP, Amarillo, TX. Brand new – and a new classic.
- Breastfeeding and human lactation, 3rd edition.** Riordan J. 2005. Jones and Bartlett Publishers, Boston. An old stand-by.
- The womanly art of breastfeeding, 7th revised edition.** La Leche League International. 2004. La Leche League International, Schaumburg, IL. More warm fuzzy than cookbook, but covers all the bases.
- The latch and other keys to breastfeeding success.** Newman J and Pitman T. 2006. Hale Publishing, Amarillo, TX. 219 pp. A left-brained approach, but very helpful when you and your baby just can't get it together.
- The nursing mother's companion, 4th revised edition.** Huggins K. 1999. Harvard Common Press, Boston. More cookbook than warm fuzzy, but covers all the bases.
- Gentle birth, gentle mothering.** Buckley SJ. 2005. One Moon Press, Brisbane, AU. The importance and well-developed intricacy of normal birth will knock your socks off.

## Videos/DVDs

- Baby-led breastfeeding.** Christina Smillie. [www.geddesproduction.com](http://www.geddesproduction.com). DVD, cost about \$40. The best starting-point video for helpers and moms that I've seen! A must-have.
- Follow me mum.** Rebecca Glover ([reblact@rebeccaglover.com.au](mailto:reblact@rebeccaglover.com.au)). 17 min. DVD, cost about \$60 US but very much worth it. Her innovative technique uses one finger and achieves a simple, deep latch for most babies.
- Mother & baby... the first week.** Sue Cox and ABA, Tasmanian branch. 19 min, about \$40. These three together cover a lot of ground.
- Kangaroo Mother Care.** Nils Bergman. [www.geddesproduction.com](http://www.geddesproduction.com). DVD. Makes a wonderful case, based on physiology, for keeping mothers and babies together.
- Delivery self-attachment.** Lennart Righard. Distributed by Geddes Productions, [www.geddesproduction.com](http://www.geddesproduction.com). 6 min. The first video that demonstrated newborn latch-on abilities.

## Internet

- Lactnet** - an e-mail user group for serious helpers. Subscribe at <http://community.lsoft.com/archives/LACTNET.html>, and click "join or leave group". An international, practical, and political breastfeeding community.
- [www.kellymom.com](http://www.kellymom.com).** A fabulous all-around breastfeeding, trouble-shooting, and early mothering site.
- [www.breastfeedingonline.com](http://www.breastfeedingonline.com).** An excellent resource for professionals and mothers alike.
- [www.drjacknewman.com](http://www.drjacknewman.com).** Wonderful assortment of handouts.
- [www.normalfed.com](http://www.normalfed.com).** Pages for mothers on a variety of breastfeeding topics.