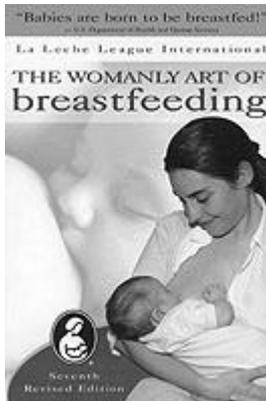


Great Books about Breastfeeding

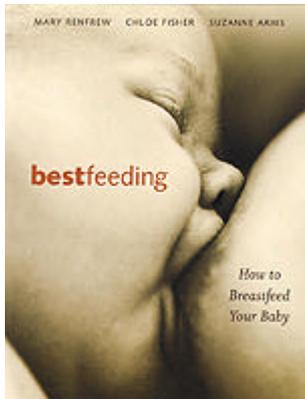
Available from LLL



La Leche League International - THE WOMANLY ART OF BREASTFEEDING [La Leche League International 1997]

La Leche League's classic guide to breastfeeding has been invaluable to mothers for forty years, and this revised 40th Anniversary edition has an all new design, new photographs and references for every chapter. The Womanly Art of Breastfeeding provides new mothers with everything they need to know about breastfeeding and mothering, containing the latest information on the benefits of breastfeeding, positioning, breastfeeding in special circumstances, as well as many new topics not covered in previous editions.

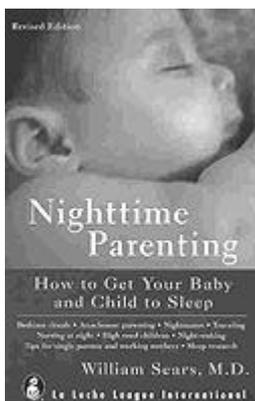
(Reviewed in New Beginnings, Volume 14, Number 1, Jan/Feb 1998)



Arms, Suzanne, Fisher, Chloe and Renfrew, Mary - BESTFEEDING: Getting Breastfeeding Right For You

[Celestial Arts 1990]

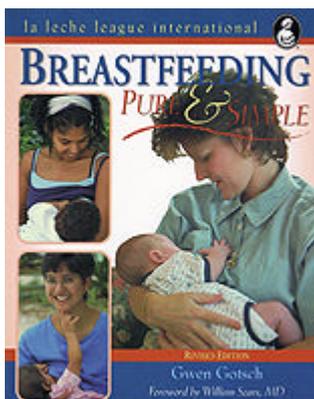
Written by two midwives, Mary Renfrew and Chloe Fisher, and author/photographer Suzanne Arms, this book provides photographs, illustrations and a step-by-step approach to help women to get breastfeeding right from the start and to deal with any problems that may already have occurred. It looks at the factors that may work against women's choice to breastfeed and acknowledges breastfeeding, not only as a way to nourish, but also as a way to give love and comfort to a child. In a few areas, LLL recommendations vary from those advised by the authors.



Sears, William MD - NIGHTTIME PARENTING – how to get your baby and child to sleep [La Leche League International Revised Edition 1999]

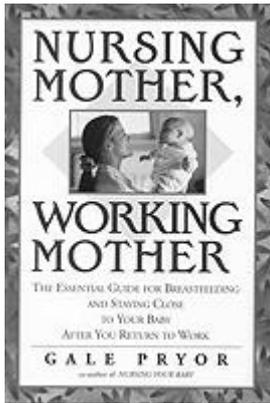
This edition includes research on how co-sleeping may reduce the risk of SIDS. It also offers tips on safe sleep sharing, bedwetting, getting children to sleep and updates on the benefits of breastfeeding at night.

(Article re co-sleeping is in Aroha Volume 1 Number 5, Sept/Oct 1999)



Gotsch, Gwen - BREASTFEEDING: PURE AND SIMPLE [La Leche League International 2000]

A slim volume which succinctly deals with the main issues surrounding breastfeeding. The information is given in simple language which gets straight to the point. An excellent book for women who don't read a lot or for those who want to know the basic facts about breastfeeding rather than how breastfeeding lends itself to a style of mothering



**Pryor, Gale - NURSING MOTHER, WORKING MOTHER
[Harvard Common Press 1997]**

Accurate information on breastfeeding for mothers who return to the paid workforce soon after their babies are born. The author offers both practical and emotional support. As well as including information about planning to return to work, tips on pumping and storing milk, and possible alternatives to full-time employment, Pryor also suggests ways in which mothers can establish and maintain closeness with their babies in spite of separation.

Morbacher, Nancy and Stock, Julie - THE BREASTFEEDING ANSWER BOOK

[La Leche League International, 3rd revised edition]

The Breastfeeding Answer Book is the definitive resource for those who are dedicated to helping mothers establish and enjoy a satisfying breastfeeding relationship with their babies. Up-to-date information is provided in a practical, easy-to-use reference book for LLL Leaders and health professionals who help mothers to breastfeed. Highlights of the Third Edition include:· New approaches to positioning and latch-on described and illustrated· New information on the use of prescription medications and herbal remedies· Updated and expanded information on breastfeeding the baby with reflux disease· New research on the importance of human milk for premature babies· New treatment options for the mother whose baby reacts to something in her diet· New guidelines on feeding cleft palate babies· New recommendations from WHO on the timing of starting solids· Information on breastfeeding in emergency situations· New illustration of breast structure and description of how the breast functions · Discussion of the appropriate use of nipple shields· Information on controversial issues such as: vitamin D supplementation of the breastfed baby, hormonal approaches to induced lactation, new treatment options for damaged nipples

Beasley, A. and Trlin, A. - BREASTFEEDING IN NEW ZEALAND: PRACTICE, PROBLEMS AND POLICY

[Dunmore Press Ltd 1998]

A look at the current issues faced by New Zealand women who want to breastfeed their babies. Problems such as lack of knowledge, conflicting advice, medicalisation of breastfeeding, societal attitudes to breastfeeding and the impact on breastfeeding of a return to paid work are explored by well known health professionals and researchers. Includes a chapter on the history and impact of LLLNZ.

For these or information about other resources available from La Leche League, please contact...

lllnz@clear.net.nz