

Breastfeeding Resources

These are by no means the only good sources



Books

- The Womanly Art of Breastfeeding, 8th revised edition.** La Leche League International. 2010. La Leche League International, Schaumburg, IL. . A really wonderful resource and inexpensive.
- The Breastfeeding Mother's Guide to Making More Milk.** Diana West and Lisa Marasco. 2009. McGraw Hill
Excellent resource that goes through all the basics in a clear and helpful way.
- 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!
- The Ultimate Breastfeeding Book of Answers.** Newman J and Pitman T. 2006. Crown Publishing, New York, NY.
An excellent overall book for mothers and their helpers.
- 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, 25th Anniversary edition.** Huggins K. 2010. Harvard Common Press, Boston.
More cookbook than warm fuzzy, but covers all the bases.

Internet

- www.breastfeeding.com. Lots of video clips, breastfeeding information.
- www.drjacknewman.com. Wonderful assortment of handouts.
- www.kellymom.com. A fabulous all-around breastfeeding, trouble-shooting, and early mothering site.
- <http://madisonbreastfeedinghelp.com> Local Madison area breastfeeding blog and website of Adria Cannon and Ruth Sweet.
- www.normalfed.com. Breastfeeding resources web page. Many wonderful handouts.
- www.thebabywearer.com Information on all kinds of babywearing - carriers, slings, wraps including safety, etc.
- www.mobimotherhood.org Support for mothers who cannot breastfeed as they wish.
- www.lowmilksupply.org Diana West and Lisa Marasco. See their book listed above.
- www.momsinmadison.com Not for breastfeeding help but lots of information on local Madison area resources

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