

# **Breastfeeding Books for Adults and Children**

## **Breastfeeding Books for Parents**

### **General Resources**

*The Breastfeeding Book* by Martha Sears and William Sears (Little, Brown & Company, 2000)

*The Ultimate Breastfeeding Book of Answers* by Dr. Jack Newman and Teresa Pitman (Prima Communications, 2000)

*The Womanly Art of Breastfeeding* (La Leche League International, 2004)

### **\*NEW ADDITION**

*New Mother's Guide to Breastfeeding* by the American Academy of Pediatrics and Joan Younger Meek (Bantam Books, 2002)

*Making More Milk* by Diana West, Lisa Marasco, Martha Sears. (Mac-Graw Hill, 2008)

### **Breastfeeding and Work**

*Nursing Mother, Working Mother* by Gale Pryor (Harvard Common Press, 1997)

### **Breastfeeding a Premature Baby**

*Breastfeeding Your Premature Baby* by Gwen Gotsch (La Leche League International, 1999)

### **Breastfeeding More Than One Child at a Time**

*Adventures in Tandem Nursing* by Hilary Flower (La Leche League International, 2003)

*Having Twins: Every Parent's Guide to Multiple Pregnancy, Birth, and Early Childhood* by Elizabeth Noble (Houghton Mifflin, 2003)

*Mothering Multiples: Breastfeeding and Caring for Twins or More* by Karen Gromada (La Leche League International, 1999)

### **Additional Resources**

*Becoming a Father* by William Sears, MD (La Leche League International, 1999)

*Breastfeeding and Natural Child Spacing* by Sheila Kippley (The Couple to Couple League, June 1999)

### **Children's Books that Positively Portray Breastfeeding**

*Baby on the Way* by William and Martha Sears (Little, Brown & Company, 2001)

*Happy Birth Day!* By Robie H. Harris (Candlewick Press, 2002)

*How Was I Born?* By Lennart Nilsson and Lena Katarina Swanberg (Delacorte Press, 1975)

\**Mama's Milk* by Michael Elsohn Ross (Tricycle Press, 2007)

\* This book is also available in Spanish.