

Books for Breastfeeding

By Denise Altman RN, IBCLC, LCCE/All The Best

Go into any bookstore's parenting section, and you will find the shelves full of resources for expectant parents. It can be overwhelming trying to decide which of these has accurate, up to date information, and which are trendy best sellers for the moment. Listed below are the top breastfeeding resource books that all parents (including dads) should be aware of.

Amy Spangler's Breastfeeding: A Parents Guide

Amy Spangler (2000)

This book is basic information but includes some possible breastfeeding complications. The strength of the book is the black and white illustrations; very well done line drawings that appear frequently throughout the book. It is affordable, easy to read and understand, and an excellent resource for any expecting mother.

The Nursing Mothers Herbal

Sheila Humphries (2003)

This is an extremely well written text that combines breastfeeding information, postpartum recovery, herbal remedies and common uses. There are several helpful charts that are cross indexed for safety, side effects, and usage. The author provides the information as completely as possible, but encourages her readers to make their own choices. Because herbs should be used with the same respect as medications, this book provides great information in an excellent format.

The Womanly Art of Breastfeeding

LaLeche League (2004)

LaLeche League has occasionally struggled with stereotypes, but nonetheless, they are responsible for at least initiating much of the breastfeeding information that is available today. Their book is thorough, and has stood the test of time; giving mothers a wonderful resource for their breastfeeding experience.

Medications and Mothers Milk

Thomas Hale (2004)

A nursing mother certainly doesn't need this book on her shelf-and probably shouldn't have it due to revisions every two years. However, all breastfeeding mothers should be familiar with its existence. Most lactation consultant's feel that it's the single best information source for medication use while breastfeeding.

Other Books for Specific Situations:

Nursing Mother, Working Mother

Gale Pryor (1997)

Defining Your Own Success: Breastfeeding after Breast Reduction Surgery

Diana West (2001)

Mothering Multiples: Breastfeeding and Caring for Twins or More

Karen Gromoda and Judy Torgus

Some helpful websites include:

www.kellymom.com-A wealth of resources and information including herbals. Most articles have well documented footnotes for further reading

www.la lecheleague.org-Lots of helpful articles, as well as group listings and leader contact information all over the world.

www.bfar.org-Information and a message board for mothers who have had breast reduction surgery.

www.asklenore.com-For adoptive parents. Much information about adoptive nursing and induced lactation.