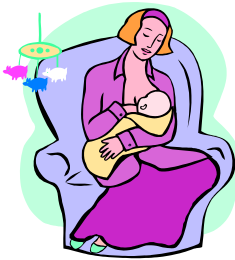


# Breastfeeding



Note: Additional Information about breastfeeding can be found in Kreamer Family Resource Center books and videos on premature babies, twins and multiples, and children with cleft palates.

## Books for moms:

Brown—The Reality of Breastfeeding: Reflections by Contemporary Women

Cox -- Breastfeeding with Confidence

Dailey- The Meat & Potatoes of Breastfeeding: Easy Nutritional guidelines for Breastfeeding Moms

Huggins- The Nursing Mother's Companion

Lang—Breastfeeding Special Care Babies

Martin -- The Nursing Mothers Problem Solver

Newman—The Ultimate Breastfeeding Book of Answers

Perkins-- Breastfeeding for Dummies

Pyror- Nursing Your Baby

Rountree --The New Breastfeeding Diet

Ryan—Amamantar (Spanish)

American Academy of Pediatrics' New Mother's Guide to Breastfeeding (also in Spanish)

The Realities of Breastfeeding: Reflections by Contemporary Women

## Book for child:

Pinczuk, Jane - Michele, the nursing toddler: a story about sharing love

## Video:

Your Healthy Baby (2000 VHS, 26 min.)

A Preemie Needs His Mother: First Steps to Breastfeeding Your Premature Baby (2002 VHS, 56 min.)

## Local Support:

Lactation Help Line

816-346-1309

## Websites:

MedlinePlus Health Topic: Breast feeding (information on benefits, techniques, diet, positions, etc.)

<http://www.nlm.nih.gov/medlineplus/breastfeeding.html>

MedlinePlus Health Topic: Lactancia (**Spanish**)

<http://www.nlm.nih.gov/medlineplus/spanish/breastfeeding.html>

La Leche League International (includes information in **English, Spanish, Chinese, Italian, Russian**) <http://www.lalecheleague.org/>

These resources and others are available in the Kreamer Family Resource Center, ground floor of the Sutherland Tower in Children's Mercy Hospital, 2401 Gilham Road, Kansas City, MO 64108. Call 816-234-3900 for more information. If you are not a patient of Children's Mercy Hospital & Clinics, books may be borrowed through Interlibrary Loan: contact your local librarian to arrange this.

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Kreamer Family Resource Center  
Children's Mercy Hospitals & Clinics  
2401 Gillham Road  
Kansas City MO 64108  
816-234-3900



**Children's Mercy**  
HOSPITALS & CLINICS  
[www.childrens-mercy.org](http://www.childrens-mercy.org)