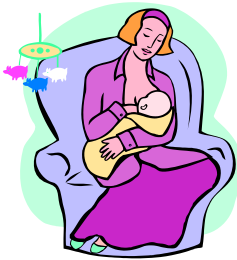


Breastfeeding



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:

American Academy of Pediatrics' New Mother's Guide to Breastfeeding (also in **Spanish**)
Bahr—Nobody ever told me (or my mother) that! : everything from bottles and breathing to healthy speech development
Behan—Eat well, lose weight, while breastfeeding
Cadwell—100 questions & answers about breastfeeding
Cox -- Breastfeeding with Confidence
Evans—Food of love: the easier way to breastfeed your baby
Gaskin—Ina May's guide to breastfeeding
Huggins- The Nursing Mother's Companion
Is it safe for my baby? : risks and recommendations for the use of medication, alcohol, tobacco and other drugs during pregnancy and breastfeeding
Lang—Breastfeeding Special Care Babies
Martin -- The Nursing Mothers Problem Solver
Perkins-- Breastfeeding for Dummies
Pyror- Nursing Your Baby
Rountree --The New Breastfeeding Diet
Ryan—Amamantar (Spanish)
Shur—How to succeed in breastfeeding without really trying

Book for child:

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

Video:

Your Healthy Baby (2000 VHS, 26 min.)
A Premie Needs His Mother: First Steps to Breastfeeding Your Premature Baby (2002 VHS, 56 min.)

Local Support:

CMH&C Lactation Help Line
816-346-1309

Websites:

MedlinePlus Health Topic: Breast feeding (information on benefits, techniques, diet, positions, etc.: includes videos and information in **many languages**)

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

MedlinePlus Health Topic: Lactancia (**Spanish**; includes videos)

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

Daily Food Plans for Pregnancy and Breastfeeding

<http://www.mypyramid.gov/mypyramidmoms/index.html>

La Leche League International (includes information in **English, Spanish, Chinese, Italian, Russian, other languages**) <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 Gillham 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.

Updated 7/26/2011

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