



## **Breastfeeding Your Baby: Books for Parents**

***The New Bestfeeding: Getting Breastfeeding Right for You.***  
**Renfrew, Fisher and Arms (2000).**

*Bestfeeding* aims to help parents breastfeed without difficulty. There are many detailed photographs and illustrations to show parents how to identify and solve problems quickly and easily. This book has three important subjects: why breastfeeding is best; how to get the basics of breastfeeding right; and breastfeeding problems: causes and solutions.

***The Complete Book of Breastfeeding.*** **Eiger & Olds Wendkos (1999).**

*The Complete Book of Breastfeeding* provides parents with everything they need to know to make nursing their baby a deeply rewarding part of their life. The following topics are included: diet and nutrition, what to do before the baby arrives, exercise and fitness, successful breastfeeding for the working mother, sexuality during the nursing period, expressing milk - a complete step by step guide, and how to enlist the support of your husband, family, friends and other nursing mothers. In addition, information on post-partum depression, positioning the baby for nursing, night feedings, colicky babies, nursing the premature baby, nursing in public, weaning and special situations is also included.

***Dr. Jack Newman's Guide to Breastfeeding.* Newman & Pitman (2000).**

Dr. Newman is a Pediatrician working out of Toronto's Hospital for Sick Children. His book provides invaluable information on how to get breastfeeding established, how fathers can be supportive of breastfeeding and what you can do when things don't go as well as planned. Dr. Newman also shares information to help: in the first days and weeks after your baby is born, as your baby grows and in special situations.

***The Womanly Art of Breastfeeding.* La Leche League International (1997).**

*The Womanly Art of Breastfeeding* is a complete breastfeeding guide for mothers and fathers. This book is fully illustrated with information on the following topics: how to establish a network of support, how to make sure you have an ample milk supply, how to position your baby correctly to avoid sore nipples, how to recognize and overcome common breastfeeding problems, how to breastfeed when returning to work, how to express and store breast milk, how and when to introduce solid foods, how breastfeeding helps keep your baby healthy and how breastfeeding enhances your mothering.

**Your local Health Unit offers breastfeeding classes to pregnant women and their support persons (partner, parents, friends or neighbours). The goal of these classes is to help you and your expected newborn enjoy the pleasure and benefits of breastfeeding.**

**For more information on breastfeeding resources or to register for a breastfeeding class please...**

SIMCOE MUSKOKA DISTRICT HEALTH UNIT

CALL OR CLICK:

**HEALTHCONNECTION**  
*Your Link to Health Information*

■ 721-7520 ■ 1-877-721-7520

■ [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)