



Healthy Carolina Lactation Support Program

Lending Library (Updated September 2011)



BOOKS

1. **Breastfeeding Made Simple – Seven Natural Laws for Nursing Mothers ©2005**

Nancy Mohrbacher, IBCLC, Kathleen Kendall-Tackett, PhD, IBCLC, & Jack Newman, MD.

Everything you need to know for easier breastfeeding. If you are a new or expectant mom, chances are you feel a little anxious about beginning to breastfeed. Although it seems like the most natural thing in the world, breastfeeding can be a challenge. This book offers straightforward, up-to-date advice from lactation experts. It includes the most effective breastfeeding techniques, ways to avoid common problems, and new insights into your baby's needs. Throughout the book you'll learn how the seven natural laws will help you and your baby have a happy, healthy start.

2. **Caring for Tomorrow's Children: Having a Healthy Baby – A Resource and Reference Guide for Parents ©2007**

March of Dimes & South Carolina DHEC

The goal of this book is to help you understand the importance of early and regular prenatal care, well-baby checkups and immunizations. This special book has health information for your baby and your whole family. Getting prenatal care is as important as taking your baby to the doctor for well-baby visits after he/she is born. Parenting can be fun, but it can also be hard. There are many people and services in South Carolina that can help. This book is not meant to replace the information from your doctor or health care provider. It should be a resource and reference guide as you become parents. Enjoy!

3. **How to Get Your Kid to Eat... But Not Too Much – From Birth to Adolescence ©1987**

Ellyn Satter, Registered Dietician, Diplomate in Clinical Social Work

Most struggles over feeding grow out of genuine concern for the child, and bad advice. Parents are regularly encouraged to overrule information coming from their children, and impose certain foods, or amounts of food, or feeding schedules. Whenever you impose rigid expectations, feeding will be distorted. The advice is about the feeding relationship.

- How much should your child eat?
- What is normal eating?
- Helping your child eat the right food
- Eating disorders – childhood obesity – poor growth – the sick child

4. **Medela Rental & Retail Price List ©2008**

Your complete source for breastfeeding, breast pumping and maternity products. One breast pump does not fit every mom's need or budget. Medela has designed different pumps to uniquely support every mom's nursing needs. To assist you in selecting a pump, Medela has placed graphs on each of their breast pump packages to help moms find the right pump. These guidelines are not only for Medela pumps but are true of all breast pumps with a given category.

5. **Medications and Mothers' Milk ©2008**

Thirteenth Edition

Thomas W. Hale, PhD

The newest version of *Medications and Mothers' Milk* (13th edition) has been updated with more than 127 new drugs, two new appendices, and numerous other changes. This book provides you with the most up-to-date and easy to read information on the use of medications in breastfeeding mothers. Soon to be in its 4th language, *Medications and Mothers' Milk* is considered the most authoritative source in this field. Written by Dr. Thomas W. Hale, this drug reference provides the reader with the latest information on each drug and its relative safety in breastfeeding mothers and their infants. Packed with more than 868 drugs, vaccines, vitamins, viral syndromes, and other substance, this book is the most comprehensive drug reference manual in the breastfeeding world. All healthcare professionals who work with breastfeeding mothers and babies should have a copy of this book in their reference library. It is sure to be used on a daily basis!

6. **Mindless Eating: Why We Eat More Than We Think © 2006**

Brian Wansink, Ph.D.

If you are typical, you do it more than three times each day. It can be a source of great pleasure or of profound anxiety. Eating is perhaps the most basic human function. And yet you'll make more than 200 food-related decisions today – 90% of which you won't even be aware of.

Mindless Eating. In this illuminating and groundbreaking new book, food psychologist Brian Wansink shows why you may not realize how much you're eating, what you're eating – or why you're even eating at all.

- Does food with a brand name really taste better?
- Do you hate brussels sprouts because your mother did?
- Does the size of your plate determine how hungry you feel?
- How much would you eat if your soup bowl secretly refilled itself?
- What does your favorite comfort food really say about you?
- Why do you overeat so much at healthy restaurants?

Brian Wansink is a Stanford Ph.D. and the director of the Cornell University Food and Brand Lab. He's spent a lifetime studying what we don't notice: the hidden cues that determine how much and why people eat. Using ingenious, fun, and sometimes downright fiendishly clever

experiments like the “bottomless soup bowl,” Wansink takes us on a fascinating tour of the secret dynamics behind our dietary habits. How does packing influence how much we eat? Which movies make us eat faster? How does music or the color of the room influence how much we eat? How can we recognize the “hidden persuaders” used by restaurants and supermarkets to get us to mindlessly eat? What are the real reasons most diets are doomed to fail? And how can we use the “mindless margin” to lose – instead of gain – ten to twenty pounds in the coming year?

Mindless Eating will change the way you look at food, and it will give you the facts you need to easily make smarter, healthier, more mindful and enjoyable choices at the dinner table, in the supermarket, in restaurants, at the office – even at a vending machine – wherever you decide to satisfy your appetite.

7. Pregnancy, Childbirth and the Newborn – The complete guide. ©2008

Penny Simkin, PT, Janet Whalley, RN, BSN, Ann Keppler, RN, MN, Janelle Durham, MSW, ICCE, LCCE, April Bolding, PT, DPT, CD, CCE

If you buy only one childbirth book, this is the one...

With over one million copies in print, this new revised, comprehensive, authoritative book gives you a wealth of information about pregnancy, birth, the postpartum period, and how to care for a newborn baby. It is:

The most complete. It covers all aspects of childbearing from conception through early infancy. It tells what to expect during pregnancy and birth and how you can work with your caregivers to make childbirth a happy and healthy experience.

The most authoritative, yet easiest to use. It is well organized for easy reading and quick reference. More than 60 charts and 190 photographs and illustrations clarify the information – more graphic aid than you’ll find in any other childbirth book.

The most up-to-date. It presents the latest, most effective self-help comfort measures and emotional support measures for use during labor. It also includes the latest information on prenatal nutrition, pain medications, obstetrical interventions, and childhood immunizations. Every section of the book has been revised, updated, and expanded.

8. The Baby Book – Everything you need to know about your baby from birth to age two. © 2003

William Sears, MD and Martha Sears, RN, with Robert Sears MD and James Sears MD

The “baby bible” of the post – Dr. Spock generation, already embraced by hundreds of thousands of American parents, has now been revised, expanded, and brought thoroughly up-to-date – with the latest information on everything from diapering to day care, from midwifery to hospital birthing rooms, from postpartum nutrition to infant development.

Dr. Bill and Martha Sears draw from their previous experience as both medical professionals and as the parents of eight children to provide comprehensive information on virtually every aspect of infant care. Working for the first time with their sons Dr. Bob and Dr. Jim, both pediatric specialists in their own right, the Seares have produced a completed updated guide that is unrivaled in its scope and authority. *The Baby Book* focuses on the essential needs of babies – eating sleeping, development, health, and comfort – as it addresses the questions of greatest concern to today’s parents. The topics covered include: bonding with your baby, feeding your baby right, soothing your fussy baby, getting your baby to sleep, understanding your baby’s development, treating common illnesses, baby proofing your home, understanding toddler behavior, dealing with temper tantrums, toilet training, working and parenting, and much more.

The Baby Book presents a practical, contemporary approach to parenting that reflects the way we live today. The Seares acknowledge that there is no one way to parent a baby, and they offer the basic guidance and inspiration you need to develop the parenting style that best suits you and your child. *The Baby Book* is a rich and invaluable resource that will help you get the most out of parenting – for your child, for yourself, and for your entire family.

9. The Milk Memos – How real moms learned to mix business with babies – and how you can, too.

©2007

Cate Colburn-Smith and Andrea Serrette

It all began when IBM manager Cate Colburn-Smith sat down in the company’s employee lactation room, shed a few silent tears, and wrote this on a paper towel: *I’m a new mom and today is my first day back at work. Is anyone else using this room?* Right away women responded, and the paper towel was eventually replaced by a series of notebooks, in which these moms offered one another advice and support for juggling work, life, and a newborn. Based on the original notebooks, *The Milk Memos* is an informative, encouraging (and often hilarious!) guide to blending motherhood and work. Actual journal entries are interwoven with information-packed sections on subjects that matter to working moms, such as:

- Finding the right child-care solution
- Getting a decent night’s sleep
- Finding a private place to pump breast milk
- Establishing a routine in the midst of a busy workday
- Negotiating with an employer for flex-time, part-time, or a job share

Whether you love your job or just need a paycheck, love nursing or have found it to be one of the greatest challenges you’ve ever faced, you’ll find a voice that supports you and speaks to you in these pages.

10. The Nursing Mother's Companion © 2005

Kathleen Huggins, RN, MS

Breastfeeding may be natural, but it is not entirely instinctive for mothers and babies. The 20th Anniversary Edition of this classic guide to breastfeeding, beloved by a generation of women, has been completely revised and updated to provide even more practical, reassuring advice to expectant and nursing mothers.

You'll find guidance on every issue related to nursing, plus easy-reference "Survival Guides" to help you quickly identify and resolve problems at different stages. There is also an invaluable appendix on the safety of various drugs during breastfeeding, a feature unique among breastfeeding books. *The Nursing Mother's Companion* is the only resource you'll need to ensure a positive breastfeeding experience for you and your baby.

11. The Nursing Mother's Herbal ©2006

Sheila Humphrey, BSc, RN, IBCLC

Many women take St. John's Wort for postpartum depression, but is it safe for their nursing infants? Which herbs can a new mother take to increase or inhibit milk production? The *Nursing Mother's Herbal* answers these and other questions about the effects of herbs, dietary supplements, and other natural products on nursing women and their babies. It is the first book entirely dedicated to the use of herbs and herbal products by breastfeeding mothers.

12. The Thinking Woman's Guide to a Better Birth © 1999

Henci Goer

As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life – how you will give birth – it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice.

Birth activist Henci Goer gives clear, concise information based on the latest medical studies. *The Thinking Woman's Guide to a Better Birth* helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book includes clear, comprehensive information on cesareans, breech babies, inducing labor, IVs, electronic fetal monitoring, rupturing membranes, coping with slow labor, pain medication, episiotomy, vaginal birth after a cesarean, doulas, epidurals, home births, midwives and obstetricians, hospital births, birth centers and alternatives to high-tech birth.

13. The Ultimate Breastfeeding Book of Answers – The most comprehensive problem-solving guide to breastfeeding from the foremost expert in North America. © 2006

Jack Newman, MD and Teresa Pitman

Although breastfeeding is the natural and healthy way to nourish your baby, it's not always easy. Many new mothers are scared away from nursing because of difficulty getting started and lack of information about what to do when things don't go as planned. In this fully revised and updated edition of *The Ultimate Breastfeeding Book of Answers*, two of today's foremost lactation experts help new mothers overcome their fears, doubts, and practical concerns about one of the most special ways a mother can bond with her baby.

In this comprehensive guide, Dr. Jack Newman, a leading authority on infant care, and Teresa Pitman, a La Leche League leader for more than twenty years, give you the facts about breastfeeding and provide solutions for the common problems that arise. Filled with the same practical advice that made the first edition a must-have for nursing moms, the new edition features updates on achieving a good latch, what to do if your baby refuses the breast, avoiding sore nipples, ensuring your baby gets enough milk, feeding a colicky baby, and breastfeeding premature and special-need babies.

14. Working without Weaning – A Working Mother's Guide to Breastfeeding ©2003

Kirsten Berggren, PhD, CLC

Do you want to breastfeed your baby, but don't think you can because you have to go back to work? Are you concerned about the challenges of combining breastfeeding and a full time job? *Working without Weaning* describes in detail how you can work and still breastfeed your baby, with stories and advice from mothers who have been in your shoes. *Working without Weaning* gives you step-by-step guidance to help you work and continue to breastfeed, including:

- Talking to your boss about (gasp) breastfeeding in language they'll understand
- Figuring out the time and place to pump during the day
- Maintaining your milk supply when you are pumping
- Choosing the best pump for your needs
- Storing and feeding breast milk from a bottle
- Getting enough rest when you have work all day and baby all night
- Keeping balance in your life
- Supplementing without weaning
- And most importantly, preserving your breastfeeding relationship with your baby when you are together.

15. Dragon Mom: Confessions of a Child Development Expert © 1995

Janet Gonzalez-Mena

Even experts aren't perfect! World-renowned early-childhood speaker describes her daily life with her five children by opening up about her challenges, frustrations, setbacks, and how to avoid blowing up with anger and becoming a "dragon mom". Her personal parenting story is sure to be something every Mom or Dad can identify with. Topics discussed include anger, arguments, rejection, messes, responsibility, discipline, bedtime, toilet training, sex education.

VIDEOS

16. Gaiam Prenatal Yoga

Safe and effective prenatal yoga modified for each trimester. Focused on helping you feel comfortable, relaxed, and fit during your pregnancy, this workout will increase your energy and stamina, and build flexibility and balance. The emphasis on proper technique and deep breathing improves focus and concentration, which can help ease labor and delivery. The gentle stretches help reduce fatigue, tightness, and tension, while promoting relaxation and improved circulation.

17. Yoga for Mom and Baby

This exercise practice incorporates your baby into every pose, so that you can find the time to exercise after delivering the baby. You will be able to tone-up, relax, and find peace of mind while simultaneously caring for your infant. Regain your strength and tone! Designed for babies 0-12 months old.

18. Baby-Led Breastfeeding....The Mother Baby Dance

Tired of reading about breastfeeding and want to see a real demonstration? This is the video for you. Human babies are already hardwired to seek out and find the breast. See just how babies can do it- when we get out of the babies way! Includes real mothers with their babies of various ages, with a variety of breastfeeding challenges and techniques.

PAMPHLETS FOR YOU TO KEEP

19. Parents' Guide to Childhood Immunizations ©2007

Guidelines, recommendations, and answers to frequently asked questions. Written by the U.S. Department of Health and Human Services – Centers for Disease Control and Prevention

20. An Easy Guide to Breastfeeding

Quick, Simple, and to the most important points. Written by the U.S. Department of Health and Human Services, office on Women's Health- Centers for Disease Control and Prevention

21. An Easy Guide to Breastfeeding for African American Women

Same as above, but specifically for African American women's concerns. Written by the U.S. Department of Health and Human Services, office on Women's Health- Centers for Disease Control and Prevention

22. Una guía fácil para la lactancia -En Español