

Breastfeeding Books for Adults and Children

Breastfeeding Books for Parents

General Resources

The Breastfeeding Book by Martha Sears and William Sears (Little, Brown & Company, 2000)

The Ultimate Breastfeeding Book of Answers by Dr. Jack Newman and Teresa Pitman (Prima Communications, 2000)

The Womanly Art of Breastfeeding (La Leche League International, 2004)

***NEW ADDITION**

New Mother's Guide to Breastfeeding by the American Academy of Pediatrics and Joan Younger Meek (Bantam Books, 2002)

Making More Milk by Diana West, Lisa Marasco, Martha Sears. (Mac-Graw Hill, 2008)

Breastfeeding and Work

Nursing Mother, Working Mother by Gale Pryor (Harvard Common Press, 1997)

Breastfeeding a Premature Baby

Breastfeeding Your Premature Baby by Gwen Gotsch (La Leche League International, 1999)

Breastfeeding More Than One Child at a Time

Adventures in Tandem Nursing by Hilary Flower (La Leche League International, 2003)

Having Twins: Every Parent's Guide to Multiple Pregnancy, Birth, and Early Childhood by Elizabeth Noble (Houghton Mifflin, 2003)

Mothering Multiples: Breastfeeding and Caring for Twins or More by Karen Gromada (La Leche League International, 1999)

Additional Resources

Becoming a Father by William Sears, MD (La Leche League International, 1999)

Breastfeeding and Natural Child Spacing by Sheila Kippley (The Couple to Couple League, June 1999)

Children's Books that Positively Portray Breastfeeding

Baby on the Way by William and Martha Sears (Little, Brown & Company, 2001)

Happy Birth Day! By Robie H. Harris (Candlewick Press, 2002)

How Was I Born? By Lennart Nilsson and Lena Katarina Swanberg (Delacorte Press, 1975)

**Mama's Milk* by Michael Elsohn Ross (Tricycle Press, 2007)

* This book is also available in Spanish.