

Breastfeeding Books for Adults and Children
Compiled by the Breastfeeding Coalition of Washington, 2007
(The BCW does not necessary endorse books on this list)

Breastfeeding Books For Parents

General Resources

Bestfeeding: Getting Breastfeeding Right For You by Mary Renfrew, Chloe Fisher and Suzanne Arms (Celestial Arts, 2000)

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

Breastfeeding: A Mother's Gift by Pamela Wiggins (LA Publishing, 1998)

Breastfeeding Pure and Simple by Gwen Gotsch (La Leche League International, 1999)

The Complete Book of Breastfeeding by Marvin S. Eiger and Sally Wendkos Olds (Workman Publishing, 1999)

Dr. Mom: A Guide to Baby and Child Care by Marianne Neifert, MD, Anne Price and Nancy Dana (New American Library, 1987)

The Nursing Mother's Companion by Kathleen Huggins (Harvard Common Press, 1999)

So That's What They're For!: Breastfeeding Basics by Janet Tamaro (Adams Media, 1998)

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)

Resources for the New Mom

Motherwise: 101 Tips for a New Mother by Alice Bolster (La Leche League International, 1999)

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

Breastfeeding and Work

Breastfeeding and the Working Mother by Diane Mason (St. Martin's Press, 1997)

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

Working Without Weaning by Kirsten Berggren, PhD, CLC (Hale Publishing, 2007)

Breastfeeding a Premature Baby

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

The Premie Parents' Companion: The Essential Guide to Caring for Your Premature Baby in the Hospital, at Home, and Through the First Year by Susan Madden (Harvard Common Press, 2000)

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)

Breastfeeding an Adopted Child

Breastfeeding the Adopted Baby by Debra Stewart Peterson (Corona Publishing, 2000)

Breastfeeding a Toddler

Mothering Your Nursing Toddler by Norma Jane Bumgarner (La Leche League International, 2000)

Weaning Your Child

How Weaning Happens by Diane Bengson (La Leche League International, 2000)

The Nursing Mother's Guide to Weaning by Kathleen Huggins and Linda Ziedrich (Harvard Common Press, 1994)

Breastfeeding and Behavioral Issues

Crying Baby, Sleepless Nights by Sandy Jones (Harvard Common Press, 1992)

The Fussy Baby: How to Bring Out the Best in Your High-Need Child by Martha Sears and William Sears (La Leche League International)

Nighttime Parenting: How to Get Your Baby and Child to Sleep by William Sears, MD (Dutton/Plume, 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)

Defining Your Own Success: Breastfeeding After Breast Reduction Surgery by Diana West (La Leche League International, 2001)

Children's Books that Positively Portray Breastfeeding

A Ride On Mother's Back: A Day of Baby Carrying Around The World by Emery A. Bernhard (Harcourt, 1996)

A Teeny Tiny Baby by Amy Schwartz (Orchard Books, 2000)

101 Things To Do With A Baby by Jan Ormerod (HarperCollins, 1984)

A Baby Just Like Me by Susan Winter (Dorling Kindersley, 1994)

Bad Baby Brother by Martha Weston (Houghton Mifflin, 1997)

Being Born by Sheila Kitzinger and Lennart Nilsson (Putnam Books, 1994)

Breastmilk Makes My Tummy Yummy by Cecelia Moen (Midsummer Press, 1999)

Breasts by Genichiro Youngyu and Amanda Stinchecum (Kane/Miller, 1999)

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

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

How You Were Born by Joanna Cole and Margaret Miller (William Morrow, 1984)

I'm Made of Mama's Milk by Mary Olsen (Mary Olsen Books, 2002)

Maggie's Weaning by Mary Joan Deutschbein (La Leche League International, 1999)

Mama, Daddy, Baby & Me by Lisa Gewing and Donna Larimer (Spirit Press, 1993)

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

Michele, The Nursing Toddler by Jane M. Pinczuk (La Leche League International, 1998)

My Mama Needs Me by Mildred Pitts Walter (Morrow/Avon, 1983)

Oh, Baby by Sara Stein and Holly Anne Shelowitz (Walker and Co, 1995)

On Mother's Lap by Ann Herbert Scott (Scholastic, 1993)

One Round Moon and a Star for Me by Ingrid Mennen (Orchard Books, 1994)

Only the Cat Saw by Ashley Wolff (Walker & Co, 1996)

Over the Green Hills by Rachel Isadora (Greenwillow, 1992)

See How You Grow: A Lift-the-Flap Body Book by Patricia Pearse (Barron's Educational Series, 1988)

That New Baby by Sara Bonnett Stein (Walker & Co, 1974)

The Baby's Catalogue by Janet Ahlberg and Allan Ahlberg (Little Brown, 1982)

The Best Gifts by Marsha Skrypuch (Fitzhenry & Whiteside, 1999)

The Story of Christmas: Words from the Gospels of Matthew and Luke (E P Dutton, 1991)

The World is Full of Babies by Mick Manning and B. Granstrom (Doubleday, 1996)

We Have A Baby by Catherine Falwell (Clarion Books, 1993)

We Like To Nurse by Chia Martin (Hohm Press, 1994)

Welcoming Babies by Margy Burns Knight and Anne Sibley O'Brien (Tilbury House Publishers, 1994)

Will There Be a Lap for Me? by Dorothy Corey (Whitman, 1992)