



Feeding Your Baby

External Links and Resources

Books about Breastfeeding

- *Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers* by Nancy Mohrbacher and Kathleen Kendall-Tackett (2005)
- *The Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solution Guide to Breastfeeding from the Foremost Expert in North America* by Jack Newman and Teresa Pitman (2006)
- *The Womanly Art of Breastfeeding* by La Leche League International (2004)
- *The Nursing Mother's Companion* by Kathleen Huggins (2005)

Web Sites about Breastfeeding

- <http://www.llli.org>
- <http://www.breastfeeding.com>
- <http://www.breastfeedingonline.com>
- <http://www.drjacknewman.com>
- <http://www.bestforbabes.com>
- <http://www.kellymom.com/>
- <http://www.breastfeedingmadesimple.com>

Forums for Discussing Breastfeeding and Getting Advice

- <http://forums.llli.org/>
- <http://www.mothing.com/discussions/>
- <http://forum.kellymom.net/>

Medications and Health Issues

- *Medications and Mothers' Milk* by Thomas W. Hale (2010)
- Information on the safety of medications taken during lactation from LactMed: <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>
- Breastfeeding after breast or nipple surgery: <http://www.bfar.org>
- Solutions for low milk supply: <http://www.lowmilksupply.org>
- Mothers Overcoming Breastfeeding Issues (MOBI): <http://www.mobimotherhood.org>

Information on Choosing a Breast Pump

- <http://www.kellymom.com>

Women's Stories about the Breastfeeding Experience

- *The Breastfeeding Café: Mothers Share the Joys, Challenges, and Secrets of Nursing* by Barbara Behrmann (2005): Stories from nursing mothers about what the breastfeeding experience is like.

Find an Internationally Board Certified Lactation Consultant (IBCLC)

- <http://www.ilca.org>

