This is a guide for Leaders in selecting books for their LLL Group’s lending Library. The books, which have been evaluated by LLL Leaders around the world, reflect or support the LLLI mission, purpose, and philosophy. Inclusion of a book in the list does not imply an LLLI endorsement of the book. The only books endorsed by LLLI are those that are published by LLLI.

LLL Groups do not need to have copies of all of the books on this list. Books listed under the topic “Professional, Technical, Advocacy” are primarily for Leader reference, but Leaders may share them with Group members as appropriate. The summaries following each entry are included to assist Leaders in selecting books for Group Libraries. Consider placing a copy of the summary on the inside front cover of each book in your lending Library so mothers know what to expect when borrowing a title.

If there are any recently published books not on the LLLI recommended reading list, and you believe they are in keeping with the LLLI mission, purpose, and philosophy, submit your suggestions via the "Contact La Leche League" form on the LLLI Web site. Select Publications from the drop down box to reach us.

This Bibliography was prepared by Amy Finnerty and Michaelene Gerster Trocola, coordinators of the LLLI Book Evaluation Committee.
# LLLI Bibliography Table of Contents

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I. LA LECHE LEAGUE INTERNATIONAL PUBLICATIONS

Bengson, Diane

*How Weaning Happens*

La Leche League International, 1999

Written by an LLL Leader, *How Weaning Happens* includes the personal experiences of mothers who have weaned in a variety of ways. It covers the kinds of questions parents have about natural weaning, explains how weaning can be accomplished at various ages, what to do if weaning is necessary for medical reasons, how to handle pressure from others, how mothers feel about weaning, and what to do if weaning isn’t going well. Above all, it reassures parents that weaning is a natural developmental process. (Reviewed in *New Beginnings* Sep-Oct 1999.)

Bolster, Alice

*Fatherwise: 101 Tips for a New Father*

La Leche League International, 1999

In the tradition of *Motherwise*, this book by the same author offers practical, nurturing wisdom for new fathers. Written in an easy-to-read format, tips from new and experienced fathers are compiled to encourage a strong bond between father and child.

Bolster, Alice

*Motherwise: 101 Tips for a New Mother*

La Leche League International, 1997

This concise book offers practical, nurturing wisdom in a format that is easily accessible to busy new mothers. It presents the principles of LLLI philosophy in succinct, concrete tips that affirm the value of motherhood, breastfeeding, and sensitivity to baby’s needs. Written by an LLL Leader, this book captures the conversational mother-to-mother support offered in a Group meeting, and reassures mothers that they know what is best for their babies.

Bumgarner, Norma Jane

*Mothering Your Nursing Toddler*


A practical, reassuring, informative, and supportive book for the mother of a nursing toddler. Emphasizes meeting the child’s needs. Discusses the importance of the breastfeeding relationship, natural weaning, temporary changes in lifestyle, and society’s expectations vs. the child’s and/or family’s needs. Written by a Leader. (Second edition reviewed in *New Beginnings*, Jul-Aug 2001.)
Cahill, Mary Ann  
*The Heart Has Its Own Reasons*  
La Leche League International, 1983  
Both practical and inspirational, this book describes the efforts and joys of hundreds of mothers who have adopted a “more with less” philosophy in order to stay home and be full-time mothers to their young children. (Reviewed in *LLL News*, Sep-Oct 1983.)

Cahill, Mary Ann  
*Seven Voices, One Dream*  
La Leche League International, 2001  
Decades in the making, *Seven Voices, One Dream* presents the history of La Leche League through the voices of the seven Founders. This colorful tapestry of memories explores the birth of LLLI, the challenges, the joys, the ideas that were envisioned, and how they came to fruition through the dedication and commitment of seven extraordinary and inspiring women. (Reviewed in *New Beginnings*, Nov-Dec 2001; and *Leaven*, Feb-Mar 2002)

Deutschbein, Mary Joan  
*Maggie’s Weaning*  
La Leche League International, 1999  
This revised version of the classic weaning book has a new look. The story remains a delightful, child’s eye view of the nursing experience. As Maggie reflects on the time she once spent at her mother’s breast, she offers her thoughts on the joys and challenges of slowly leaving breastfeeding behind. (First edition reviewed in *New Beginnings*, May-Jun 1998.)

Engelhardt, Anne & Cheryl Sullivan  
*Playful Learning*  
La Leche League International, 1986  
A resource for parents and educators. Focuses on setting up a nurturing, exciting learning environment for children at home. Provides tips on fun and educational games, activities, and crafts which can easily be done by one child or a group. (Reviewed in *New Beginnings* Sep-Oct 1986.)

Flower, Hilary  
*Adventures in Gentle Discipline: A Parent-to-Parent Guide*  
La Leche League International, 2005  
This insightful book debunks myths about the effectiveness of gentle discipline methods and encourages parents to find ways to make gentle discipline work for themselves and their children. Personal stories from a variety of mothers show creative adaptations of gentle discipline methods and provide parents with tools and encouragement to put theory into practice to be real parents, not perfect parents.
Flower, Hilary
Adventures in Tandem Nursing: Breastfeeding through Pregnancy and Beyond
The first full-length book on the subject of tandem nursing provides comprehensive answers to a wide range of questions related to breastfeeding during pregnancy and nursing siblings. Flower shares her thorough understanding of what we know and what we can surmise on these important topics based on a great reservoir of mother wisdom, including stories of over 200 mothers from around the world. Additionally, she provides an extensive review of medical research and many discussions with experts in the fields of nutrition, obstetrics, and anthropology. (Reviewed in New Beginnings, Nov-Dec 2003.)

González, Carlos
My Child Won’t Eat!
La Leche League International, 2005
Parents everywhere worry when their baby or toddler doesn’t’ seem to eat as much as they think he should! Dr. Carlos Gonzalez sets those fears to rest as he explores the reasons why a child refuses food, the pitfalls of growth charts, and the ways that growth and activity affect a child’s caloric needs.

Good, Julia & Joyce Reis
A Special Kind of Parenting
La Leche League International, 1985
Children with disabilities have special needs which challenge their parents’ emotional and physical resources. This book helps parents discover their child as an individual and provides suggestions on how to get through initial diagnosis, the grieving process, and the impact on the entire family. Recommends programs and professionals suited to the child’s needs and abilities. (Reviewed in New Beginnings, Mar-Apr 1986.)

Gotsch, Gwen
Breastfeeding Pure & Simple
Revised version of classic book that provides new mothers with a basic introduction that will guide them through the early months of their nursing relationship. Clear, straightforward text combined with lots of photos make this book inviting and easy to read. Revised edition includes new information on newborn jaundice and treatment of inverted nipples. (First edition featured in New Beginnings, Nov-Dec 1993.)

Gotsch, Gwen
Breastfeeding Your Premature Baby
Offers parents a basic guide to help them provide the benefits of human milk to their tiny infant. From pumping tips and establishing an adequate milk supply to getting baby started at the breast and coming home, this book provides the kind of
information and reassurance that parents need. With complete references and resource list. (First edition reviewed in Leaven, Oct-Nov 2000)

Gromada, Karen
*Mothering Multiples: Breastfeeding and Caring for Twins or More!*
“Can I breastfeed twins?” “How will I coordinate nursing triplets?” “Will my body produce enough milk for quadruplets?” Many mothers of multiples find themselves asking these questions. The simple answer: Yes! In this third revised edition of *Mothering Multiples*, author Karen Kerkhoff Gromada offers valuable information with an emphasis on breastfeeding and attachment-style parenting. All aspects of caring for multiple babies are addressed, including possible complications of pregnancy, preparing for a multiple birth, coping with newborns who might need to spend time in a NICU, establishing a milk supply for multiple babies, adjusting as a couple, and caring for toddler multiples.

Halonen, Virginia
*Whole Foods from the Whole World Cookbook*
La Leche League International, 1993
LLL families from all over the world contributed their favorite recipes to this unique international cookbook. Many recipes have been adapted by the contributors to add more nutritional value to traditional ethnic dishes. Ingredients listed in standard and metric; complete nutritional analysis included for each recipe.

Halonen, Virginia & Nancy Mohrbacher
*Learning a Loving Way of Life*
La Leche League International, 1987
With more than 200 stories, photos, and poems gathered from twenty-six years of *LLL News*, this book truly reflects what LLL is all about—the value of strong relationships and a loving approach to all situations. (Reviewed in *New Beginnings*, Mar-Apr 1989.)

Hicks, Jennifer
*Hirkani’s Daughters: Women Who Scale Modern Mountains to Combine Breastfeeding and Working*
La Leche League International, 2006
The title of this book was inspired by an ancient Indian tale about a young mother, Hirkani, who scaled down a 1,000-foot vertical cliff in order to get to her baby to breastfeed. A compilation of inspirational tales from women around the world, *Hirkani’s Daughter’s* tells the stories of modern employed mothers who have overcome various obstacles to continue breastfeeding. Each woman shares how she evaluated her options and took the path that worked best for her family.
Hormann, Elizabeth  
*Breastfeeding an Adopted Baby and Relactation*  

Did you know that induced lactation and relactation are possible? Author Elizabeth Hormann explains how in this book. Some of the topics discussed include: preparation for adoptive breastfeeding; substances that stimulate milk production; beginning breastfeeding with an adopted baby; and sources of support for adoptive parents. Ideal for mothers who wish to breastfeed an adopted baby or relactate, as well as for the health professionals.

Johnson, Roberta  
*Mother’s in the Kitchen*  
La Leche League International, 1971

This original LLL cookbook is filled with recipes submitted and tested by LLL mothers. Emphasizes good nutrition, economy, and ease of preparation.

Johnson, Roberta  
*Whole Foods for the Whole Family*  

Revised edition of the classic LLL cookbook. Contains more than 900 kitchen-tested recipes contributed by mothers all over the world, complete with nutritional analysis for each recipe. Filled with time-saving make-ahead meals, ideas for using leftovers, special diet and allergy recipes. Includes meat and meatless dishes, ethnic foods, whole grain breads, desserts, snacks, and sandwiches.

Kenda, Margaret  
*Whole Foods for Babies and Toddlers*  
La Leche League International, 2001

This beginning guide into the world of whole foods helps mothers to introduce their babies to solids and to encourage healthful eating for all ages. It contains updated information on the inferiority of processed and packaged baby food and the superiority of whole foods. (Reviewed in *New Beginnings*, Nov-Dec 2002.)

La Leche League International  
*Human Relations Workbook*  

Originally designed for Leaders, this revised edition of LLL’s guide to communication skills teaches anyone to become a better listener. This feelings-oriented technique will help you more readily establish the rapport necessary before imparting information of any kind.

La Leche League International  
*Leader’s Handbook*  

Contains all the information a Leader needs to represent La Leche League. Includes tips and information on leading series meetings, managing an LLL group, and using
Leader resources. Up-to-date and easy to use. (4th revised edition featured in *Leaven*, Dec 2002-Jan 2003.)

**La Leche League International**  
**Whole Foods for Kids to Cook**  
La Leche League International, 1995  
A cookbook aimed specifically at children who want to try out their skills in the kitchen. Divided into two sections: “Beginning to Cook” for preschoolers, and “Now You’re Cooking,” for those over five. Easy-to-follow instructions throughout. (Reviewed in *New Beginnings*, Nov-Dec 2002.)

**La Leche League International**  
**The Womanly Art of Breastfeeding**  
Reports the latest findings from the most recent breastfeeding research and explains the substantial benefits of human milk for babies. As always, *The Womanly Art of Breastfeeding* covers breastfeeding information for mothers with a warm, supportive, practical approach. This classic book is the heart and soul of what La Leche League is all about and is a valuable resource for any mother who wants to give her baby the very best. (Featured in *New Beginnings*, Jan-Feb 2005.)

**Lowman, Kaye**  
**The LLLove Story**  
La Leche League International, rpt., 2001  
A reprint, facsimile edition of the La Leche League classic originally published in 1978 brings the story of LLLI to life. Includes the history of LLL and reflections of the seven Founders. Updated to include a timeline of events from the 1950s to the present. (Reviewed in *Leaven*, Feb-Mar 2002.)

**Lowman, Kaye**  
**Of Cradles and Careers**  
La Leche League International, 1984  
Information and inspiration from hundreds of mothers who have found ways to combine their working lives with mothering. Includes tips on job-sharing, working from home, and other flexible career options. (Reviewed in *LLL News* Mar-Apr 1984.)

**Lowman, Kaye**  
**The Revolutionaries Wore Pearls: How Seven Women Challenged Society, Changed the Culture, and Taught the World That Babies Were Born to be Breastfed**  
This scrapbook style title tells the story of seven ordinary women who accomplished extraordinary things. When the LLLI Founders began their journey in 1956, there were no grand plans. They simply followed their instincts and their hearts, and in the end changed the world—one day at a time, one mother and baby
at a time. They wore strands of pearls and hats and white gloves, they referred to each other as Mrs. Gregory White and Mrs. John Froehlich, and their hearts were focused on their own families, but they created an unexpected, uncharted revolution. The primary focus of *The Revolutionaries Wore Pearls* is on the accomplishments and achievements of the Founders. But you will also meet many others whose contributions to the growth and development of LLLI have played a significant role in carrying out the simple mission set forth by the Founders in 1956—to help mothers breastfeed their babies.

**Mohrbacher, Nancy & Julie Stock**  
*The Breastfeeding Answer Book*  
Revised and updated, *The Breastfeeding Answer Book* is the definitive resource for those who are dedicated to helping mothers breastfeed. Highlights of the third edition include new approaches to positioning and latch-on, information on the use of prescription and herbal medications to increase milk supply, new illustrations of breast structure and how the breast functions as reflected in the research of Dr Peter Hartmann, and information on breastfeeding in emergency situations. This guidebook, which also explores controversial issues such as vitamin D supplementation of the breastfed baby and new treatment options for damaged nipples, can be used with confidence to help mothers establish and enjoy a satisfying breastfeeding relationship with their babies. (3rd rev. ed. reviewed in *Leaven*, Feb-Mar 2003)

**Mohrbacher, Nancy**  
*Breastfeeding Answer Book Pocket Guide*  
*La Leche League International, 2005*  
This book is compact and easy to carry anywhere. The concise information makes it a quick and easy reference for breastfeeding counselors who work directly with mothers. Includes new guidelines from the AAP and new descriptions and illustrations of Reverse Pressure Softening from Jean Cotterman.

**Pinczuk, Jane**  
*Michele The Nursing Toddler: A Story of Growing Up*  
*La Leche League International, 1998*  
This sweet story with beautiful watercolor illustrations tells about the many things Michele can do as she grows up. Through all of her adventures, Michele can always return to the warmth of her mother’s arms and the love of her family. (Reviewed in *New Beginnings*, Mar-Apr 1999.)

**Sears, William**  
*Becoming a Father*  
Addresses the joys and problems of parenthood from the male perspective—everything from how to hold a tiny baby to sibling rivalry and organized sports. Dr. Sears, a pediatrician and father, writes from personal experience and promises that
becoming a father will bring rich rewards. (Reviewed in *New Beginnings*, Sep-Oct 2003.)

**Sears, William**  
*The Fussy Baby*  
This revised edition contains new information on colic, reflux, and the challenges of breastfeeding a fussy baby. High need babies demand extra patience from parents, but according to Dr. Sears, the extra effort pays off. (Second edition reviewed in *New Beginnings*, Jul-Aug 2002.)

**Sears, William**  
*Growing Together*  
La Leche League International, 1987  
From birth to one year, Dr. Sears charts the development of a tiny newborn into a curious toddler. Over 150 black and white photos and 16 pages of color photos illustrate the growth of motor, language, social, and cognitive skills. Dr. Sears, an advocate of attachment parenting, explains how parents can enhance their baby’s development by their responsiveness. (Reviewed in *New Beginnings*, May-Jun 1988.)

**Sears, William**  
*Nighttime Parenting*  
Dr. Sears explains how babies sleep differently than adults, how sharing sleep can help the whole family sleep better, and encourages parents to have confidence in the own intuition and to be responsive to their babies and young children at night. The revised edition includes the latest research on how sharing sleep may reduce SIDS risk, offers tips on safe sleeping-sharing, and includes an update on the benefits of breastfeeding at night, as well advice on common nighttime dilemmas. (First edition reviewed in *New Beginnings*, May-Jun 1985; Second edition reviewed in *New Beginnings* Jan-Feb 2003.)

**Sears, William**  
*Safe and Healthy*  
La Leche League International, 1989  
Helps guide parents through the difficulties of coping with a sick child. Explains the difference between viral and bacterial illnesses and some of the problems you might encounter in the first few months of your child’s life. (Reviewed in *New Beginnings*, Jul-Aug 1990.)

**Towle-Morgan, Stacy**  
*The Cuddlers*  
La Leche League International, 1993  
This children’s book captures the warmth and love a family experiences when children are drawn to the security of their parents’ bed.
Vickers, Melissa
Mother-to-Mother Support Handbook
La Leche League International, 2001
Helps mothers define the aspects of mother-to-mother support including characteristics of counselors/facilitators; communication in support groups; one-on-one counseling; and the benefits involved.

West, Diana
Defining Your Own Success: Breastfeeding after Breast Reduction Surgery
La Leche League International, 2001
Explores the specific issues and breastfeeding management techniques essential for successful breastfeeding after breast reduction surgery. This book demonstrates that even a mother with a compromised milk supply can have a satisfying breastfeeding relationship with her baby. (Reviewed in New Beginnings, Nov-Dec 2001.)

Young, Faye
Gerald the Third
La Leche League International, 1977
A delightful children’s book about family life with breastfed baby, seen through the eyes of a six-year-old.
II. ADDITIONAL BOOKS

BREASTFEEDING

Abramov, Tehilla
*Straight from the Heart: A Torah Perspective on Mothering Through Nursing*
Targum Press, 1990
A beautifully written exploration of mothering through breastfeeding for families who draw inspiration from Jewish law and custom. For up-to-date information on medical questions, such as treatment for thrush, the reader should refer to current LLLI publications.

American Academy of Pediatrics
*New Mother’s Guide to Breastfeeding*
Bantam, 2002
This comprehensive resource is designed to prepare new mothers for all aspects of breastfeeding—from preparing for the first feeding to adjusting to home, family, and work life as a breastfeeding mother. Unlike LLLI, the AAP recommends iron-enriched cereal as a first solid food, and is more cautious than LLL in some areas, such as co-sleeping, nighttime nursing, and weight gain. (Reviewed in *Leaven*, Dec 2003-Jan 2004.)

Barber, Katherine
*The Black Woman’s Guide to Breastfeeding*
Sourcebooks, 2005
Katherine Barber tackles the reasons why breastfeeding is important to the African American community, the how-to’s of breastfeeding, as well as the unique socio-economic concerns of African American women.

Behan, Eileen
*Eat Well, Lose Weight While Breastfeeding*
Ballantine Books, 2007
The new edition of this book includes the latest information in nutrition and dietary concerns. The author provides expert tips for eating well and shedding pounds safely as a breastfeeding mama, and the latest research on: vitamins and minerals, toxin levels in fish, various popular diets, and preventing childhood obesity. Eating plan and recipes included.

Behrmann, Barbara
*The Breastfeeding Cafe: Mothers Share the Joys, Challenges, and Secrets of Nursing*
The University of Michigan Press, 2005
A series of stories detailing the wide range of experiences of breastfeeding mothers, *The Breastfeeding Cafe* explores the culture and realities of breastfeeding while
offering valuable insights to all breastfeeding women. (Reviewed in *New Beginnings*, Mar-Apr 2006).

**Bengson, Diane**  
*How Weaning Happens*  
La Leche League International, 1999  
(See LLLI Publications)

**Bumgarner, Norma Jane**  
*Mothering Your Nursing Toddler*  
(See LLLI Publications)

**Colburn-Smith, Cate & Andrea Serette**  
*Milk Memos: How Real Moms Learned to Mix Business with Babies and How You Can, Too!*  
Tarcher/Penguin, 2007  
This unique guide to balancing motherhood and employment comes right from the pages of journals that were kept by a group of breastfeeding women during their time spent in their company’s lactation room. Actual journal entries are blended with information to support and help moms. Issues addressed by the authors include child care options, getting enough sleep, finding a place to pump at work, and managing workloads.

**Cox, Sue**  
*Breastfeeding with Confidence*  
Finch Publishing, 2004  
This book is a revised edition of a previously approved book titled *Breastfeeding—I Can Do That*. Provides straightforward advice from one of Australia’s leading lactation educators and includes tips for common difficulties and reassuring stories from breastfeeding mothers.

**Eiger, Marvin & Sally Olds**  
*The Complete Book of Breastfeeding*  
Bantam, 3rd ed., 1999  
This updated edition thoroughly explains and explores nursing. Encouraging, positive and complete, logically organized. Includes chapters on the father’s role, diet, beauty and nutrition, as well as information about nursing multiples, preemies and other special situations.

**Flower, Hilary**  
*Adventures in Tandem Nursing: Breastfeeding Through Pregnancy and Beyond*  
(See LLLI Publications)
Gotsch, Gwen  
*Breastfeeding Pure & Simple*  
(See LLLI Publications)

Gromada, Karen  
*Mothering Multiples: Breastfeeding and Caring for Twins or More!*  
(See LLLI Publications)

Hale, Thomas & Ghia McAfee  
*A Medication Guide for Breastfeeding Moms*  
Pharmasoft, 2005  
This resource offers basic information that mothers can understand. Using the latest research to rate the safety of each drug, the authors provide easy-to-understand explanations of how drugs enter human milk and possible side effects. Common herbs for breastfeeding mothers, recreational drugs, and some medical conditions are also discussed.

Huggins, Kathleen  
*The Nursing Mother's Companion*  
Harvard Common, 6th ed., 2005  
This book provides guidance on all breastfeeding related issues, plus easily referenced “survival guides” to help moms quickly identify and resolve problems at different stages of the breastfeeding relationship.

Huggins, Kathleen & Linda Ziedrich  
*The Nursing Mother’s Guide to Weaning*  
Many breastfeeding mothers express concerns about weaning when their babies are just a few weeks old. This book explores all aspects of weaning, starting with historical aspects and ending with weaning a child over three and life after weaning. Offers practical and helpful advice that respects the needs and feelings of both mother and child.

Humphrey, Sheila  
*The Nursing Mother’s Herbal*  
Fairview Press, 2004  
*The Nursing Mother’s Herbal* is a comprehensive book that addresses nearly all aspects of breastfeeding. Written in a warm, engaging manner, this book is well researched and accurate in its information about breastfeeding and the use of herbs and natural remedies. Although it is written directly to the nursing mother, Leaders and health care professionals will also benefit tremendously from this unique lactation resource. Prescription of specific remedies goes beyond a Leader’s realm; mothers should consult with a qualified practitioner. (Reviewed in *New Beginnings*, May-Jun 2004.)
Kippley, Sheila  
*Breastfeeding and Natural Child Spacing*  
Couple to Couple League, 4th ed., 1999  
Updated and expanded edition of an important book which explores an aspect of breastfeeding often misunderstood and underrated—its contraceptive effect. With factual information based on scientific research and personal experience, the author explains the difference between "ecological" and "cultural" breastfeeding and how each method affects fertility. (Second edition reviewed in *New Beginnings*, May-Jun 1989.)

La Leche League International  
*The Womanly Art of Breastfeeding*  
(See LLLI Publications)

Lang, Sandra  
*Breastfeeding Special Care Babies*  
Balliere Tindall, 2002 (2nd rev. ed.)  
(See Special Situations)

Mohrbacher, Nancy & Kathleen Kendall-Tackett  
*Breastfeeding Made Simple*  
New Harbinger, 2005  
In this easy-to-use resource, the authors share seven basic principles of breastfeeding that can help mothers dramatically increase their likelihood of success and make breastfeeding the enjoyable experience it should be. Common problems and special situations are addressed and the implications of social, psychological and cultural reasons why breastfeeding is not the norm are also discussed.

Moran, Elaine  
*Bon Appétit Baby!*  
Meant to be used for the first six weeks of a baby's life, this "Breastfeeding Kit" for the new breastfeeding mother is filled with supportive and succinct breastfeeding information. The journal section includes feeding and diaper count charts. It has especially good information on the benefits of breastfeeding for mother and baby, knowing if your baby is getting enough milk, and dehydration. Although the book generally agrees with LLLI information, Moran states that 10% weight loss in the first few days is normal, whereas LLLI suggests 5-7%. (First edition reviewed in *New Beginnings*, Mar-Apr 2001.)
Neifert, Marianne  
*Dr. Mom’s Guide to Breastfeeding*  
Plume, 1998  
In contrast with the focus in *The Womanly Art of Breastfeeding* on the normal course of breastfeeding, the author’s focus is the causes, treatment, and prevention of breastfeeding problems. Generous with her personal opinions, there are several instances where her observations depart from LLL experience and practice. Nonetheless, the book is supportive of LLL and her enthusiasm for breastfeeding is sincere and inspiring.

Newman, Jack & Teresa Pitman  
*Dr. Jack Newman’s Guide to Breastfeeding*  
HarperCollins, 2000  
Newman focuses on the causes, treatment, and prevention of breastfeeding problems, and provides a useful reference for breastfeeding counselors. There are some disagreements with LLLI information particularly involving treatment of sore nipples with an "all-purpose ointment" and preference for the cross-cradle hold.

Newman, Jack & Teresa Pitman  
*The Ultimate Breastfeeding Book of Answers*  
Prima Publishing, 2000  
American edition of *Dr. Jack Newman’s Guide to Breastfeeding*. (See above.)  
(Reviewed in *Leaven*, Jun-Jul 2001.)

**Nice, Frank J.**  
*Nonprescription Drugs for the Breastfeeding Mother*  
Hale Publishing, 2007  
This reference will help breastfeeding moms make safe decisions regarding the use of common nonprescription medications. Complete, easy-to-read descriptions of more than 1400 medications and their relative risk to a breastfeeding mother make this a must for all breastfeeding mothers and the health care providers who work with them.

**Nursing Mothers’ Association of Australia**  
*Breastfeeding Through Pregnancy and Beyond*  
Australian Breastfeeding Association, rpt., 2001  
A fresh look at tandem nursing. This booklet covers questions a nursing mother may have about how continuing to breastfeed through pregnancy may affect her unborn baby, her breastfeeding child, and herself. Beautiful photographs of nursing children and mothers’ stories make this a valuable resource.

**Pryor, Gale**  
*Nursing Mother, Working Mother*  
Mothers who combine breastfeeding with working will find this an immensely helpful and reassuring book. The author includes practical information on planning
for and returning to employment; clear, concise tips on breastfeeding; pumping, storing, and transporting milk; and possible alternatives to full-time employment such as job sharing, working from home, and staying home full-time. The book suggests numerous ways mothers can build and maintain closeness with their babies in spite of separation.

Pryor, Karen & Gale Pryor  
*Nursing Your Baby*  
Collins, 4th ed., 2005  
For more than 40 years, mothers have depended on the wisdom and warmth of *Nursing Your Baby*. Now authors Karen Pryor and Gale Pryor have revised and updated their classic guide for today's generation of women. Includes new information on the health benefits of breastfeeding, tips for employed mothers, legal rights of breastfeeding mothers, choosing a breast pump, and the father's role in supporting a new mother.

Renfrew, Fisher, & Arms  
*Bestfeeding: How to Breastfeed Your Baby*  
Celestial Arts, 3rd ed., 2004  
This guide combines extensive research and hands-on experience to create an extraordinary resource for the breastfeeding mother. Complete with detailed photos and drawings to illustrate important aspects of breastfeeding such as proper positioning, latch-on, and milk expression, Bestfeeding is designed to give the mother confidence—before baby's birth, during the first few days of the breastfeeding relationship, and while mother is learning to integrate breastfeeding into every day life. (First edition reviewed in *New Beginnings*, Nov-Dec 1990.)

Rubin, Stacey  
*The ABC's of Breastfeeding: Everything a Mom Needs to Know for a Happy Nursing Experience*  
Amacom Books, 2008  
This practical and reader-friendly guide will help every mother feel comfortable and confident about breastfeeding her baby. Read about finding a breastfeeding-friendly health care provider, following baby's cues to know when he's hungry, breastfeeding and employment, preventing common breastfeeding problems and more.

Ryan, Regina Sara & Deborah Auletta, RN, CLE  
*Breastfeeding: Your Priceless Gift for Your Baby and Yourself*  
Hohm Press, 2005  
A concise book that cites 20 reasons why breastfeeding is a “priceless gift” to babies, mothers, families, and society. Illustrated with beautiful photos of nursing babies, this book is a useful resource for all who want to encourage mothers to breastfeed.
Sears, Martha & William Sears  
*The Breastfeeding Book*  
Little, Brown and Company, 2000  
This book covers everything on the basics of breastfeeding, such as how to get the baby to latch on properly, father’s role, working and breastfeeding, and more. The authors’ step-by-step approach is honest and realistic, and makes this a very accessible reference. (Reviewed in *Leaven*, Feb-Mar 2001.)

Spangler, Amy  
*Amy Spangler’s Breastfeeding Book*  
This easy-to-read presentation on the basics of breastfeeding contains detailed illustrations of breast physiology, latch-on, and various baby holds, including those useful in special situations. A good resource for employed breastfeeding mothers and useful for parents without access to an LLL Group or breastfeeding classes. Readers should refer to LLLI resources for our current recommendations on milk storage and jaundice.

Spangler, Amy  
*Breastfeeding: Keep It Simple*  
Amy’s Baby, 2004  
Using a question and answer format, this short book uses simple language to provide information on how to breastfeed a baby. *Breastfeeding: Keep It Simple* is divided into short sections addressing the questions that new parents frequently ask, with the most important points highlighted for easy reference. The clear instructions will be reassuring to new or expectant mothers who are nervous about breastfeeding.

Tamaro, Janet  
*So That’s What They’re For: Breastfeeding Basics*  
Adams Media, 3rd ed., 2005  
A light-hearted and humorous look at breastfeeding in contemporary society, full of factual information and down-to-earth answers to the universal questions breastfeeding mothers ask. LLL does not agree with the author’s warning not to let a baby over six months old fall asleep at the breast or her oversimplified statement that HIV, tuberculosis, and hepatitis B prevent a woman from breastfeeding.

Wiggins, Pamela  
*Breastfeeding: A Mother’s Gift*  
A short, easy-to-read, positive guide to breastfeeding. A good choice for the first-time mother or the mother planning to breastfeed for the first time.
Wiggins, Pamela

*Why Should I Nurse My Baby?*


Using question and answer format, this book addresses common problems and gives practical information about the early days of breastfeeding. Recommendations on the use of hormonal contraceptives while breastfeeding disagree with those of LLLI. Spanish and French editions differ slightly from the English version.
FERTILITY, PREGNANCY AND CHILDBIRTH

Amis, Debby & Jeanne Green
*Prepared Childbirth the Family Way*
The Family Way Publications, Inc. 2003
A clear, concise guide to the basics of a natural birth, *Prepared Childbirth the Family Way* focuses on involvement of the birth partner during the entire process of pregnancy through birth. Breastfeeding is assumed and discussed throughout the book. Also included are a workbook section and several checklists addressing everything from an exercise chart during pregnancy to formulating a birth plan.

Arms, Suzanne
*Immaculate Deception II*
Celestial Arts, 1996
Author and photographer Suzanne Arms offers her vision of what needs to be done to change the way our culture approaches birth.

Balaskas, Janet
*Active Birth*
Harvard Common Press, 1992
This fully illustrated, and carefully documented book is written for women who want to grow in self-awareness and to use their bodies actively in labor. The author encourages women to develop all of their bodily resources for giving birth, to follow their own instincts, and to take more control over the experience of giving birth.

Chester, Penfield
*Sisters on a Journey*
Rutgers UP, 1997
This collection of interviews of 27 midwives crosses ethnic, cultural, religious, and ideological backgrounds to present a chorus of voices raised in harmony to celebrate women and birth. An inspiring and informative book for anyone interested in midwifery care. (Reviewed in *Leaven*, Oct-Nov 1999.)

Connolly, Maureen & Dana Sullivan
*The Essential C-Section Guide*
Broadway Books, 2004
A comprehensive resource for women who experience a surgical birth, this is an honest look at what happens during delivery and in recovery. This book is very supportive of breastfeeding and offers information on how to get nursing off to a good start. A book which is aimed at those who want more information, rather than ways to avoid a cesarean.
Crawford, Karis & Johanne Walters
*Natural Childbirth After Cesarean*
Blackwell Science, 1996
An up-to-date and well-written book which provides information and suggestions for couples planning a vaginal birth after a previous cesarean birth. The authors explain the surgical risks, the hazards of birth intervention, and clarify common myths. Tips and suggestions for planning a successful VBAC, including diet, exercise, visualization and relaxation techniques, and choosing a caregiver and birth site are included.

Creager, Caroline C.
*Bounce Back Into Shape After Baby*
Executive Physical Therapy, 2002
Provides up-to-date, easy-to-follow postpartum exercise programs that are ideal for all mothers whom have recently given birth. Most exercises are performed with both baby and fitness ball. It includes helpful advice on exercising as soon as 24 hours after birth, core strength, avoiding incontinence, good posture. LLLI does not prescribe a fixed amount of water that a nursing mother who exercises should drink. Reviewed in *New Beginnings*, Sep-Oct 2003.

Dick-Read, Grantley
*Childbirth Without Fear*
Printer and Martin, rev. ed., 2004
Dr. Dick-Read was the pioneer in the field of natural childbirth. His trailblazing book has been revised by Helen Wessel and Harlan F. Ellis, MD and has been reorganized and "Americanized," including some excellent new material. (1972 edition reviewed in *Leaven*, Jan-Feb 1983.)

Eisenstein, Mayer
*The Home Birth Advantage*
CMI Press, 2000
Obstetrician Eisenstein shares the story of his journey to home birthing and of the mentors who guided him. He intertwines his own story with the history of La Leche League. Many parents share their own home birth and breastfeeding stories and help make this a warm and enjoyable book.

Feinbloom, Richard
*Pregnancy, Birth and the Early Months*
Perseus, 2000
A family practice doctor answers most of the questions a pregnant mother will have before, during and after the birth of her baby, and offers thoughtful choices based on current research for both common and uncommon conditions. The detail-oriented woman, for whom this book is written, will appreciate the discussions of the many options available and suggestions for additional resources.
Flanagan, Geraldine
*The First Nine Months of Life*
Life Cycle Books, 1982
Excellent illustrations and photographs showing prenatal growth make this a useful book for prospective parents and their children. (First edition reviewed in *LLL News*, Jan-Feb 1963.)

Gaskin, Ina May
*Ina May’s Guide to Childbirth*
Bantam, 2003
Written by midwifery legend Ina May Gaskin, this book functions as two books in one—a compilation of successful birth stories designed to empower women, and a how-to manual for achieving the best possible pregnancy outcome for both mother and baby. While the book approaches childbirth with the premise that most women can and should seek a birth experience that offers the least possible number of medical interventions, it also includes a chapter on complications in pregnancy requiring the expertise of an obstetrician. The chapter on choosing a caregiver is helpful, and the chapter detailing the rationale behind ACOG’s recent revision of its VBAC recommendations is insightful. (Reviewed in *Leaven*, Apr-May 2004.)

Goer, Henci
*Obstetric Myths Versus Research Realities*
Bergin & Garvey, 1995
Are epidurals helpful? Is homebirth safe? If a baby is breech, is a cesarean section necessary? Using logic and the latest scientific findings, this book inspires the reader to rethink and question routine labor and delivery care. Goer dispels many myths surrounding childbirth by presenting research from medical journals in an easy-to-read format.

Goer, Henci
*The Thinking Woman’s Guide to a Better Birth*
Perigee, 1999
Expectant mothers, especially first-time mothers, may not know what to expect and have difficulty sorting through romanticized or popular images and beliefs about birth. Goer’s book provides specific recommendations about the birth process and birthing technologies. Goer bases her conclusions and recommendations on current, carefully analyzed research. However, she uses strong rhetoric to describe current obstetric practices.

Goldberg, Linda et al.
*Pregnancy to Parenthood*
Perigee, 2001
A comprehensive discussion of pregnancy, childbirth, and the newborn period that has mainstream appeal and features strong support for breastfeeding. Of its 300 pages, 200 are dedicated to prenatal care, labor, and delivery. Abundant charts,
illustrations, checklists, and cartoons make the wealth of information easier to digest. (Reviewed in *Leaven*, Oct-Nov 2001.)

**Harper, Barbara**  
*Gentle Birth Choices*  
Healing Arts Press, 1994  
The author, a midwife, nurse, and mother, provides practical advice regarding gentle birth options, including water birth and home birth and stresses the importance of a supportive environment. Photos by Suzanne Arms.

**Jones, Carl**  
*Mind Over Labor*  
Penguin, 1988  
Discusses how women can use mental imagery during pregnancy and labor to reduce fear and pain, relying on inner resources rather than a rigid technique. Recommended for mothers with negative feelings about previous births, as well as for first-time mothers. (Reviewed in *New Beginnings*, May-Jun 1988.)

**Kitzinger, Sheila**  
*Birth Your Way*  
DK, 2002  
An excellent book for parents planning an out-of-hospital birth with emphasis on feelings, as well as research-based information, first-hand accounts and guidance for preparation to birth at home or in a birth center. Photo illustrations include some nudity.

**Klaus, Marshall, John Kennell, & Phyllis Klaus**  
*The Doula Book*  
Perseus, 2002  
An updated version of *Mothering the Mother*, this book details the importance of the presence of a trained labor companion, or doula, in supporting a couple through the birth of their child. Benefits to working with a doula are discussed in detail and include reducing the need for cesarean births, shortening the length of labor, decreasing pain medication, and enhancing bonding and breastfeeding. An essential tool for any pregnant couple looking to enhance and enrich their birth experience. Also presented are appendices on training to become a doula as well as relaxation and visualization exercises for pregnancy, labor, birth, and breastfeeding.

**Korte, Diana**  
*The VBAC Companion*  
Harvard Common, 1998  
An up-to-date resource for mothers who are preparing for vaginal birth after cesarean. Includes current research, information on medical procedures, and inspirational accounts by mothers who have experienced cesarean birth and VBAC. Excellent resource and reference lists. (Reviewed in *New Beginnings*, Jul-Aug 1999.)
Korte, Diana & Roberta Scaer  
*A Good Birth, a Safe Birth*  
The third revised edition tackles the pros and cons of today’s childbirth options while taking the reader through each step of pregnancy. It explores the various childbirth environments, teaches expectant parents how to ensure their wishes be followed, and discusses the use of medication and painkillers. (First edition reviewed in *LLL News* May-Jun 1984.)

Lothian, Judith & Charlotte DeVries  
*The Official Lamaze Guide: Giving Birth with Confidence*  
Meadow Brook, 2005  
A comprehensive guide to natural childbirth, this book aims to empower all mothers-to-be to believe in their ability to give birth without unnecessary interventions. Filled with evidence-based information, this book shows how childbirth is a natural process, not a medical event, and in particular views breastfeeding as a normal conclusion to the fertility cycle. The book is written by a leading childbirth organization and it consistently supports and encourages breastfeeding and mothering through breastfeeding.

Nilsson, Lennart & Lars Hamberger  
*A Child is Born*  
A new and improved edition of the famed classic, *A Child Is Born* is an astonishingly beautiful book that approaches conception and birth very visually, and could be used as a resource to help children or adults learn about the mechanics of conception and birth. Some readers may be offended by the graphic thermo-image pictures of love-making couples or the author's discussion of abortion and in vitro fertilization.

Noble, Elizabeth  
*Essential Exercises for the Childbearing Year*  
By explaining how the body works as well as why certain exercises are more useful than others, Elizabeth Noble gives women important information that is often times overlooked by other exercise programs. Information covered varies from the role of key muscles during pregnancy, the principles of exercise, posture, as well as hands-on techniques for alleviating the familiar joint discomforts of pregnant women.

Odent, Michel  
*Birth Reborn*  
Birthworks, rev. ed., 1994  
The story of birth in Pithiviers, France, where Dr. Michel Odent’s revolutionary beliefs enable women to give birth completely naturally. Many dramatic photographs illustrate births in a supported squatting position and a birth under
water. A milestone in the literature of childbirth with the potential to change obstetrical practices worldwide. (First edition reviewed in New Beginnings, Mar-Apr 1985.)

Odent, Michel
The Caesarean
FAB, 2004
The Caesarean examines the physiological aspects of cesarean birth and the impact on human behavior, including lactation. This book offers a very detailed overview of the cesarean birth, including cesareans in history and mythology, the differences between inlabor, elective and emergency cesareans, when a c-section is absolutely necessary and ways in which the rate of cesarean deliveries can be reduced. In particular, Odent poses many questions on the implications for society and humanity as a whole if we continue to increase the rate of cesareans. A thought-provoking book for those that like to think about the bigger picture. (Reviewed in Leaven, Apr-May 2005.)

O’Mara, Peggy
Having a Baby, Naturally
Atria, 2003
Publisher Peggy O’Mara presents a comprehensive overview of pregnancy, birth and the postpartum period in this large volume. Quoting such sources as the World Health Organization, The American Academy of Pediatrics, and The American College of Obstetrics and Gynecology, readers will find many suggestions and options instead of rules. Breastfeeding is a given, and La Leche League is recommended throughout. Any expectant mother who reads this book will feel that she has acquired a second, very wise mother, encouraging and guiding her in making healthy choices for herself and her baby. (Reviewed in Leaven, Feb-Mar 2004.)

Peck, Theodore
The Pregnant Woman’s Pill Book
Frederick Fell Publishers, 2003
While a glorious experience, pregnancy is a time when women are often more susceptible to experiencing aches and pains, heartburn, constipation, and a host of other minor medical problems—many of which can be alleviated by over-the-counter medications. The Pregnant Woman’s Pill Book is written by an obstetrician and provides reliable information and quick reference to numerous OTC medications, some which are safe for taking during pregnancy, others which are not. This book is a helpful guide, however, the prescribing of medications goes beyond the scope of La Leche League.
Placksin, Sally  
*Mothering the New Mother: Women’s Feelings and Needs after Childbirth*  
This book underlines the importance of a good support system to help mothers deal with what can be an overwhelming, and yet marginalized, experience. Information is given on what support is available, and how to find it for all aspects of the postpartum experience, including the early weeks after giving birth, breastfeeding, postpartum depression, returning to work, being a stay-at-home mom, and coping after subsequent births. Weaved into this, is a plethora of mothers’ stories which reflect the universal feelings, common to new moms everywhere, of frustration, isolation, excitement and joy. Although a revised second edition, many of the resources listed are out-of-date, including the reference to *The Womanly Art of Breastfeeding*. (Reviewed in *Leaven*, Jun-Jul 2004.)

Sears, William & Martha  
*The Birth Book*  
Little, Brown and Company, 1994  
This guide to birthing includes topics such as physical and emotional preparation, lessening the discomfort and speeding up the labor process, the father’s role, how to select the kind of birthing environment you want.

Sears, William, Martha Sears & Linda Holt  
*The Pregnancy Book*  
Little Brown and Company, 1997  
This comprehensive, month-by-month guide to pregnancy will answer your questions about fetal development, a pregnant mother’s physical and emotional changes, medical technology during pregnancy and childbirth, labor and delivery, and getting off to a good start with your new baby.

Simkin, Penny  
*The Birth Partner*  
A complete guide, this book is ideal for all labor companions—from dad to doula to friend—who will be helping and supporting a woman in the last weeks of pregnancy, during labor, and through the early postpartum period. Author Penny Simkin includes thorough information on preparing for labor and knowing when it has begun, epidurals and other medications for labor, non-drug techniques for easing labor pain, cesarean births, and breastfeeding and newborn care. For the birth partner who wishes to be as helpful as possible to the expecting mom, this book is indispensable.

Stewart, David  
*Five Standards for Safe Childbearing*  
NAPSAC, 4th ed., 1998  
Suggests that five standards are necessary for healthy childbirth and discusses them in depth: good nutrition, midwifery, homebirth, and breastfeeding. Includes studies
comparing the safety of home and hospital births and the safety of care given by
midwives. LLLI does not encourage home birth without medical supervision.

**Tracy, Amy & Richard H. Schwartz, MD**

*The Pregnancy Bed Rest Book*

Berkley, 2001

A lifesaver for the woman on bed rest. Dozens of practical solutions to issues such as
how to find help, nutrition, side effects of immobility, how to parent from bed,
setting up your bed rest area, and coping with the feelings of all members of the
family.

**Weschler, Toni**

*Taking Charge of Your Fertility*

Harper Collins, 2001

A comprehensive approach to fertility awareness which helps every woman to
understand her body better through clear and factual explanations of the menstrual
cycle and fertility signals. Includes chapters on reproductive health, natural birth
control, achieving pregnancy, benefits of charting, and information on fertility
awareness during breastfeeding, premenopause, and other special circumstances.
Pictures, charts, and illustrations make the book easy to read and understand.

**Wesson, Nicky**

*Enhancing Fertility Naturally*

Healing Arts, 1999

A guide to various natural therapies in treating primary or secondary infertility.
These include acupuncture, homeopathy, reflexology, and herbs. The book also gives
general information about standard treatments for infertility, including side effects.
Many personal stories are woven into the text.

**Wesson, Nicky**

*Labor Pain*

Healing Arts Press, 2000

A comprehensive book on natural methods for pain relief in labor, from establishing
a stress-free environment for the birth to a collection of drug-free techniques of pain
management. Homeopathy, herbal medicine, acupuncture, acupressure, reflexology,
hypnobirthing, TENS machines, and other more familiar methods are discussed in
detail.

**Winston, Merryl**

*Your Fertility Signals*

Smooth Stone Press, 1989

This illustrated, step-by-step guide explains how to achieve or prevent pregnancy,
reduce or eliminate contraceptive use, even enhance the intimacy in your
relationship. It includes information on low fertility, stress, breastfeeding, and pre-
menopause. Includes a bibliography, glossary, and references.
**Parenting**

**Loving Guidance—General**

**Arnall, Judy**  
*Discipline without Distress*  
Professional Parenting Canada, 2007  
This book provides parents with 135 tools for raising caring, responsible children without spanking, punishment, or time-outs. The author, also the founder of Attachment Parenting Canada, explains a form of gentle discipline that parents and children can feel good about.

**Biddulph, Steve**  
*Raising Boys: Why Boys are Different and How to Help Them Become Happy and Well-Balanced Men*  
Celestial Arts, 1996  
Psychologist Steve Biddulph offers parents and educators a look at the developmental requirements necessary for boys to grow up happy and healthy.

**Borba, Michele**  
*12 Simple Secrets Real Moms Know: Getting Back to Basics and Raising Happy Kids*  
Jossey-Bass, 2006  
After surveying five thousand mothers, the author shares what she considers to be the "top 12 secrets" of child rearing. Topics covered include reducing guilt and stress in your life, giving children the gifts of good character and confidence, and how a few uncomplicated changes can bring happiness to your family.

**Borba, Michele**  
*Building Moral Intelligence*  
Jossey-Bass, 2002  
A clear, thoughtful discussion of the importance of helping children develop specific moral values. The author includes helpful evaluation tools, developmental stages, list of resources, and exercises that families can do together to promote development of empathy, conscience, self-control, respect, kindness, tolerance, and fairness. (Reviewed in *New Beginnings*, Jul-Aug 2004.)

**Borba, Michele**  
*Parents Do Make a Difference: How to Raise Kids with Solid Characteristics, Strong Minds, and Caring Hearts*  
Jossey Bass, 1999  
The author identifies eight skills considered critical to success: positive self-esteem, cultivating strengths, communicating, problem solving, getting along, goal setting, not giving up, and caring. Checklists help parents identify where their child may be having trouble. Resources, including books, videos and Web sites, are provided to help parents reinforce each success skill. Directed towards parents of children 3-12.
Budd, Linda
*Living with the Active Alert Child*
Do these traits describe your child—active alert, bright, controlling, fearful, intense, attention getting, trouble getting along with others, fluctuating self-esteem, performers, empathetic ability? Budd profiles children with these eleven traits and offers new insights into family interactions. Her strategies encourage parents to provide the warmth and structure that active alert children need. This book is appropriate for parents whose children are over the age of two, and the new expanded 3rd edition now includes chapters related to teenagers and active alerts as adults. This book is a fabulous resource for parents. (Reviewed in *New Beginnings*, Jan-Feb 2005.)

Burke, Ray
*Common Sense Parenting*
Boys Town Press, 1996
A simple, practical guide for effective discipline. Clearly outlines the differences between punishment and teaching, positive and negative consequences, expectations, praise, and more. More specific and step-by-step guidelines than other more theoretical discipline books. The chart on positive consequences that cost no money and the entire chapter “Staying Calm” are especially helpful. For children 3-16.

Campbell, Ross
*How to Really Love Your Child*
Focuses on the importance of showing our children that we really love them. Good discussion of discipline and the child’s acceptance of it. However, LLL disagrees with spanking even as a last resort. Author states strong personal religious convictions. Reader will find many positive reinforcements of LLL principles throughout the book. (First edition reviewed in *Leaven*, Nov-Dec 1978.)

Chapman, Gary & Ross Campbell
*The Five Love Languages of Children*
Moody, 1997
This book offers a unique approach to loving our children. Discover the way your child prefers to receive love—physical touch, words of affirmation, quality time, gifts or acts of service. The authors also include a practical Action Plan. Their religious views are reflected in portions of the text. (Reviewed in *New Beginnings*, May-Jun 2000.)
Clarke, Jean Illsley
*Time-In: When Time-Out Doesn’t Work*
Parenting Press, 1999
In this small book, Clarke offers four tools: Ask, Act, Attend, Amend, that work together like puzzle pieces to help parents teach children (toddler to teens) to think through their behavior. Clarke’s matter-of-fact approach stresses the competence of both adults and children and reinforces their connectedness. (Reviewed in *New Beginnings*, Jul-Aug 2005.)

Cohen, Lawrence
*Playful Parenting: A Bold New Way to Nurture Close Connections, Solve Behavior Problems and Encourage Children’s Confidence*
Ballentine, 2002
The author asserts that play is a child’s medium for nonverbal communication. Instead of dismissing children’s play, he suggests that parents should join their children on the floor and help them explore the feelings of isolation and powerlessness that seem to be at the heart of much play. Cohen offers practical tools to incorporate play in your parenting style: follow their lead, help them try out new roles, empower girls and connect with boys, channel games that children love and parents “hate,” and how to overcome parental awkwardness at play. (Reviewed in *Leaven*, Aug-Sep 2002; Featured in *New Beginnings*, Nov-Dec 2002.)

Crary, Elizabeth
*365 Wacky, Wonderful Ways to Get Your Children to Do What You Want*
Parenting Press, 1995
Straightforward suggestions and lively cartoons make this book an excellent choice for parents looking for a variety of positive alternatives to dealing with common developmental problems from throwing food to grocery store tantrums.

Crary, Elizabeth
*Help! The Kids are at it Again*
Parenting Press, 1997
In this simple and well-focused book, Crary looks at sibling conflicts as a function of developmental stages and learned “people skills” rather than jealousy. Filled with realistic examples from every day life. (Reviewed in *New Beginnings*, Jan-Feb 1999.)

Crary, Elizabeth
*Love and Limits: Guidance Tools for Creative Parenting*
Parenting Press, 1994
A quick and easy guide to the principles of loving guidance. This book helps parents “look for good behavior, acknowledge feelings, set limits, teach new skills, and avoid problems.”
Crary, Elizabeth  
*Magic Tools for Raising Kids*  
*Parenting Press, 1995*  
A lively, illustrated, parent-friendly guide to problem solving with children. Gives many examples of common problems and a variety of developmentally appropriate solutions.

Crary, Elizabeth  
*Without Spanking or Spoiling*  
*Parenting Press, 2nd ed., 1993*  
Combines techniques of several methods of discipline. Discusses what parents can expect from a child at various ages; gives a wide range of developmental and temperamental characteristics. Valuable aid to parents who do not believe in spanking or permissiveness and are looking for ways to practice loving guidance without physical punishment.

Davidson, Alan & Robert Davidson  
*How Good Parents Raise Great Kids: The Six Essential Habits of Highly Successful Parents*  
*Warner, 1996*  
A new twist in publications on child rearing—in this book, parents are the experts! The results of interviews with dozens of parents of well-adjusted children are presented in an orderly, easy-to-read format. Readers may be uncomfortable with a section where some parents advocate physical discipline under certain circumstances where safety is at issue.

Drew, Naomi  
*Peaceful Parents, Peaceful Kids*  
*Kensington Books, 2000*  
A wonderfully comprehensive book, *Peaceful Parents, Peaceful Kids* approaches the concept of loving guidance from the standpoint of active listening and conflict resolution. General principles for peaceful living are detailed, as well as a day-by-day plan of action for achieving a more peaceful family in fourteen days. (Reviewed in *New Beginnings*, May-Jun 2005.)

Elias, Maurice et al.  
*Emotionally Intelligent Parenting: How to Raise a Self-Disciplined, Responsible, Socially Skilled Child*  
*Three Rivers Press, 2000*  
Focuses on understanding feelings and treating children with respect. Offers many practical ways to encourage children in the middle years to problem-solve situations for themselves in a positive way. Filled with real-life examples and sample dialogue, this book is crammed with step by step plans. Good chapter on the importance of humor.
Emmett, Rita  
*The Procrastinating Child: A Handbook for Adults to Help Children Stop Putting Things Off*  
Walker, 2002  
A procrastinating child can drive a parent to distraction. This distraction is nothing compared to the effects that procrastination has on a child's self-confidence. In this book, the author provides a lighthearted approach to strategies and guidelines that will encourage both young children and teenagers to face obligations in a timely manner, whether the task at hand involves reaching personal goals, doing homework, or accomplishing chores. (Reviewed *New Beginnings*, Nov-Dec 2005.)

Faber, Adele & Elaine Mazlish  
*How to Talk to Kids So Kids Will Listen & Listen So Kids Will Talk*  
Communication skills for parents based on the work of the late Dr. Haim Ginott which stresses listening to your child, dealing with feelings, finding alternatives to punishment, and developing self-esteem. Includes many examples of helpful dialogues and cartoons to brighten your day. (Reviewed in *New Beginnings*, Jul-Aug 2005.)

Faber, Adele & Elaine Mazlish  
*Siblings without Rivalry: How to Help Your Children Live Together So You Can Live, Too*  
Vivid dialogue and cartoons show how children can express their feelings without doing damage, how parents can be helpful to both “bully” and “victim,” how to reduce rage between battling siblings, and how to motivate children to work out their own solutions to problems. (First edition reviewed in *New Beginnings*, Jan-Feb 1999.)

Fedorschak, Karuna  
*Parenting: A Sacred Task*  
Hohm Press, 2003  
*Parenting: A Sacred Task* is a meaningful discussion on being attentive to your child’s wants and needs and the importance of raising children with flexibility and an open mind. Fedorschak addresses breastfeeding, nutrition, loving guidance, and closeness of mother and baby as important aspects of conscious parenting.

Flower, Hilary  
*Adventures in Gentle Discipline: A Parent to Parent Guide*  
La Leche League International, 2005  
(See LLLI Publications)
Ford, Judy
*Wonderful Ways to Love a Child*
Conari, 1995
This collection of brief, warm essays supports loving guidance and offers down-to-earth ideas for expressing love for your child as a part of everyday life.

Glennon, Will
*200 Ways to Raise a Boy’s Emotional Intelligence*
Conari, 2000
This companion volume to *200 Ways to Raise a Girl’s Self-Esteem* combines easy-to-read theory and easy-to-apply practical tips. Rich in ways to nurture an open, deep, warm bond with boys and young men, this book stresses positive discipline and communication skills for parents, teachers, mentors, and friends. (Reviewed in *New Beginnings*, Sep-Oct 2002.)

Glennon, Will
*200 Ways to Raise a Girl’s Self-Esteem*
Conari, 1999
Provides practical suggestions from a father’s perspective for both parents and teachers in the all-important responsibility of building self-esteem. Girls especially need a strong self-image to get them through their early and mid-teen years. Glennon provides just the right balance of theory and ideas you can use. Despite the focus on women’s issues, most of the ideas apply to sons as well. (Reviewed in *New Beginnings*, Sep-Oct 2002.)

Hyland, Terry & Jerry Davis
*Angry Kids, Frustrated Parents*
Boystown Press, 1999
Aggression in children is a concern for many parents. This book describes techniques developed over 80 years of work at Boystown, a facility for the treatment and care of abused, abandoned, and neglected girls and boys. This easy-to-read book outlines a respectful, concise approach to disciplining aggressive children without physical punishment. Five levels of aggressive behavior are described, as well as ways to stop negative behavior. Discipline techniques are explained plainly, with concrete examples. The religious values of Boystown are reflected in one chapter of the book.

Jackson, Deborah
*Letting Go as Children Grow*
Bloomsbury, 2003
A thorough exploration of loving guidance from infancy to young adulthood, this book makes an impassioned plea for parents to step back and let their children get on with growing. As well as drawing on the writings of progressive educationalists psychologists and others, the book considers the emotions and motivations of both children and parents. Extolling the virtues of “wholesome neglect” and treating
breastfeeding as the norm, Deborah Jackson shows us how ordinary parents can raise extraordinary children.

Kashton, Inbal
*Parenting from Your Heart*
Puddle Dancer Press, 2003
For those who live their parenting responsibilities as a call for inner growth and social transformation, this booklet offers a unique perspective based upon the renowned book by Marshall Rosenberg, *Nonviolent Communication*. *Parenting from Your Heart* emphasizes connecting with your child, attending to their needs, and looking for the needs behind challenging behaviors.

Kohn, Alfie
*Unconditional Parenting: Moving From Rewards and Punishment to Love and Reason*
Atria, 2005
Kohn believes that the most common discipline techniques from “time out” to “rewards for good behavior” are damaging our children. He goes on to describe how we are raising up a generation of children who believe that in order to be loved, they must first earn approval. This book provides parents with the practical information they need to make the change in their parenting approach in order to help their children grow up healthy, responsible adults capable of providing unconditional support to those they love.

Koplen, Dotty
*Parenting for a Healthy Future*
Hawthorn Press, 1995
Discusses approaches to parenting, emphasizing the importance of guiding children in their development with respect for their feelings and capabilities. Advocates discipline rather than punishment and discusses the difference. Moves from the philosophical to the practical, addressing mealtimes, bedtimes, etc.

Kvols, Kathryn
*Redirecting Children’s Behavior*
Parenting Press, 3rd ed. 1998
A concise how-to guide for parents looking for concrete ways of implementing loving guidance in their parenting philosophy. Without offering easy answers, Kvols offers insights and tips on how parents can foster inner motivation in their children. She also helps parents develop strategies for working through challenging behaviors while respecting the child’s capability. A useful appendix defines common behaviors according to developmental stages.
Leo, Pam  
*Connection Parenting: Parenting Through Connection Instead of Coercion, Through Love, Instead of Fear*  
This book is a concise and insightful guide to parenting. Pam Leo provides the theory to encourage parents to connect with their children, as well as the practical tools to effectively transform common childhood behaviors. She is honest about the challenges facing many parents today, and provides strategies to overcome these challenges without resorting to authoritarian parenting.

McIntire, Roger  
*Enjoy Successful Parenting: Strategies You Can Use Today!*  
Summit Crossroads, 2nd ed. 1997  
Written for parents of children ages two to 10, this book offers practical strategies to help parents create an enjoyable atmosphere in their family by sending the right messages to their children. Specific exercises give parents a way to take an objective look at how their children are dealing with day-to-day experiences and plan thoughtful reactions.

Miles, Karen  
*Psychology Today: The Power of Loving Discipline*  
Alpha, 2006  
Presenting readers with specific loving discipline approaches such as unconditional parenting, positive discipline, and aware parenting, Miles provides parents with the fundamental methods of loving discipline.

Pantley, Elizabeth  
*Hidden Messages*  
McGraw Hill, 2000  
*Hidden Messages* uses stories to illustrate some of the messages that parents unintentionally give their children. Each story is followed by a discussion showing what the child is hearing from the parent, and then concrete suggestions are offered for making positive changes. (Reviewed in *New Beginnings*, Sep-Oct 2005.)

Pantley, Elizabeth  
*Kid Cooperation*  
New Harbinger, 1996  
For the parent looking for a structured, comprehensive approach to loving guidance. Pantley offers guidelines for enhancing communication skills, a variety of discipline tools, suggestions for self-care, marital and sibling harmony, parental anger and children’s self-esteem.
Pryor, Karen  
*Don’t Shoot the Dog*  
Bantam, rev. ed., 1999  
Karen Pryor, author of *Nursing Your Baby*, applies the principles of positive reinforcement to humans, as well as dogs, cats, and dolphins. The result is a method of shaping behavior that works on everyone from whining children and lazy teenagers to sloppy spouses and cats who sit on the furniture. It can even help you change your own bad habits. (Previous edition reviewed in *New Beginnings*, Jan-Feb 1986.)

Rosenberg, Marshall  
*Nonviolent Communication: A Language of Compassion*  
*Nonviolent Communication* focuses on "the lost language of humankind," advocating a principle-based approach to communication. The author guides readers through the identification and expression of feelings and needs in order to create a more harmonious, enriching environment. A different exercise is provided with every chapter. (Reviewed *New Beginnings*, May-Jun 2003; Reviewed in *Leaven*, Oct-Nov 2004.)

Rosenberg, Marshall  
*Raising Children Compassionately: Parenting the Nonviolent Communication Way*  
Center for Nonviolent Communication, 2002  
This useful booklet applies the principles of Nonviolent Communication specifically to the parent-child relationship. Family members keep each other’s needs in mind and try not to define things in terms of "right" and "wrong."

Samalin, Nancy  
*Loving Each One Best*  
Bantam, 1997  
Practical and positive guide to handling sibling interactions. Includes stories, strategies, and resources to support parents in a loving approach to discipline and communication. (Reviewed in *New Beginnings*, Jan-Feb 1999.)

Samalin, Nancy  
*Loving without Spoiling: And 100 Other Timeless Tips for Raising Terrific Kids*  
*Loving without Spoiling* offers positive answers to a number of age-old challenges for parents of toddlers to teens. The issues discussed within the 100 mini "how-to" chapters include whining, temper tantrums in public, creating morning routines that involve less stress, and encouraging honesty. The author writes in an easy-to-read-style and includes useful anecdotes to help parents raise well-mannered children without being restrictive or smothering their spirit. Samalin advocates behavior toward children that is positive, respectful, and loving while maintaining a focus on parental firmness, authority, and limit setting. (Reviewed in *Leaven*, Oct-Nov 2003.)
Samalin, Nancy  
*Loving Your Child is Not Enough*  
An inspiring book on positive discipline. Illustrates the importance of being sensitive to a child's feelings. Sample dialogue illustrates what to avoid, what to remember, and how to handle conflicts.

Sears, William & Martha Sears  
*The Discipline Book: Everything You Need to Know to Have a Better Behaved Child from Birth to Age Ten*  
Little, Brown and Company, 1995  
Explores a wide variety of parenting options and helps parents decide which type of parenting philosophy will work best for their family. It emphasizes the importance of attachment parenting.

Sears, William & Martha Sears with Elizabeth Pantley  
*The Successful Child: What Parents Can Do to Help Kids Turn Out Well*  
Little, Brown and Company, 2002  
The Sears' use their experience and common sense philosophy of parenting to explore the hurdles of raising the older child, from toddler to teenager, in today's society. For those who have practiced attachment parenting with their babies, this book helps continue the process as the child grows. A clear reflection of the authors' cultural and spiritual values, *The Successful Child* identifies the essential tools the Sears believe every child needs to succeed, including empathy, kindness, self-esteem, having a sense of humor, healthy relationships, and more. (Reviewed in *New Beginnings* Jul-Aug 2003.)

Sheedy Kurcinka, Mary  
*Kids, Parents and Power Struggles*  
HarperCollins, 2001  
Emotions and needs are at the heart of the power struggles between parents and children. Sheedy-Kurcinka reveals these struggles as opportunities to connect with our children. She urges us to become emotional coaches for our children, and helps parents to understand the role of temperament and emotions. (Reviewed in *New Beginnings*, Jan-Feb 2002.)

Sheedy Kurcinka, Mary  
*Raising Your Spirited Child*  
Harper Perennial, 1998  
Often known as “difficult” or “high need,” spirited children need parents who are enthusiastic, skillful, and sensitive to their children. This book is a guide for parents who need emotional support and new strategies to use with their spirited child. (Reviewed in *New Beginnings*, Nov-Dec 1993.)
Sheedy Kurcinka, Mary
*Raising Your Spirited Child Workbook*
Harper Perennial, 1998
The perfect companion to Sheedy-Kurcinka’s first book, *Raising Your Spirited Child!*
This volume includes activities to help you better understand and guide your spirited or high-need child. The author’s positive outlook and unique perspective are wonderful tools to help parents become loving advocates for children who just need more. (Reviewed in *New Beginnings*, May-Jun 1999.)

Shure, Myrna
*Raising a Thinking Child: Help Your Young Child to Resolve Everyday Conflicts and Get Along with Others*
Pocket Books, 1996
Straightforward approach to teaching children to become independent, competent individuals, who are able to think for themselves, solve problems and deal effectively with social situations. Using the “I Can Problem Solve” (ICPS) method, parents can help their children learn decision-making skills. Exceptionally readable, this book is especially valuable for its many simple and clear exercises and sensitivity to young children’s (4-7) thoughts and feelings.

Swift, Madelyn
*Discipline for Life: Getting it Right with Children*
Childright, 1999
Combines principles and “life lessons” with concrete practical examples for parents and teachers who wish to solve behavioral problems while respecting children. Swift’s goal is to teach children to become self-disciplined and competent adults.

Tieger Paul & Barbara Barron-Tieger
*Nurture by Nature: Understand Your Child’s Personality Type-and Become a Better Parent*
Little, Brown and Company, 1997
The authors draw on their extensive knowledge of Myers-Briggs Personality Type to show parents how they can learn more about their children’s unique personalities. In-depth descriptions of the 16 Myers-Briggs Types are provided, along with many real-life family stories. An excellent approach for the parents of preschool and school-aged children who think, "It was so much easier when they were nursing...now what?"

Val-Essen, Ilene
*Bring Out the Best in Your Child and Yourself*
Quality Parenting, 1999
A self-help parenting book based on the author’s Quality Parenting Program which teaches that different aspects of our personalities are active at different times. By recognizing these changes within ourselves, parents can move towards a more centered state and create an environment that brings out their own and their children’s best behavior. Val-Essen helps us recognize that parenting skills alone are
not enough. Changes in attitude are also needed in order to create a family based on mutual respect.

Wenc, Charlene
*Parenting: Are We Having Fun Yet?*
CMS Communications, 1998
An easy-to-read short primer for helping children (2-18) learn accountability in a way that promotes self-esteem and respect. In a conversational tone, Wenc offers tools to get parents out of the yelling cycle, encourages the use of natural and logical consequences, and treats other common loving guidance issues.

Whitman, Cynthia
*Win the Whining War & Other Skirmishes: A Family Peace Plan*
Perspective Publishing, 1991
With a snappy style and clear presentation, this book seeks to reduce family conflict by helping parents distinguish children’s behavior that they like, dislike, and find intolerable. Offers simple techniques to increase positive behavior and decrease negative behavior.

**Babies to Preschoolers**

Acredolo, Linda & Susan Godwyn
*Baby Signs*
Contemporary Books, 1996
Provides a beautifully simple and fun way to enhance communication with a preverbal child. The easy-to-use signs give you a window into your child’s world and help toddlers communicate needs and reduce frustration.

Anand, RK
*Dr. RK Anand’s Guide to Childcare*
Vakils, Feffer, and Simons PVT. Ltd., 2001
Combining traditional Indian parenting with research-based information, *Dr. RK Anand’s Guide to Childcare* provides clear, concise answers to questions concerning breastfeeding as well as general childcare. Written with the Indian mother as the target audience, this book provides a cross-cultural perspective to raising children. The author’s religious beliefs are reflected throughout the book.

Barnes, Bridget and Steven York
*Common Sense Parenting of Toddlers and Preschoolers*
Boys Town, 2001
Practical, clear, balanced approach to parenting young children. It stresses teaching in place of punishment and helps the parent set reasonable expectations based on a child’s age and developmental level. Includes one regrettable reference that identifies baby recognizing the bottle as a developmental milestone. (Reviewed in *New Beginnings*, Mar-Apr 2003.)
Bauer, Ingrid  
*Diaper-Free: the Gentle Wisdom of Natural Infant Hygiene*  
Natural Wisdom Press, 2001  
In many cultures around the world, babies are raised without diapers. Mothers observe by small signals and cues when their babies are ready to eliminate, just as they tell by cues that babies are ready to nurse. Bauer, a Canadian mother, describes how to care for a baby without using diapers and offers many suggestions from other parents about common concerns and challenges. LLLI does not recommend any specific diapering method.

Blois, Maria  
*Babywearing*  
Pharmasoft, 2005  
This book discusses how wearing babies in baby carriers helps them to nurse better, sleep more soundly, and experience contented moments of quiet alertness when awake. *Babywearing* provides important information about the many different types of baby carriers available.

Bumgarner, Norma Jane  
*Mothering Your Nursing Toddler*  
(See LLLI Publications)

Colson, Suzanne  
*Mother-Baby Experiences of Nurturing*  
Self-published, 2001  
This brief booklet is packed with valuable information focusing on the early hours and days after birth. The author introduces the reader to the concept of “Biological Nurturing,” a natural, instinctual way of relating to your newborn through breastfeeding, skin-to-skin contact, and constant cuddling. This is a beautiful booklet for every new or expectant mother.

Eliot, Lise  
*What’s Going On in There: How the Brain and Mind Develop in the First Five Years of Life*  
Bantam, 2000  
Beginning with prenatal influences and continuing through the preschool years, the most significant developmental years, the author explains what is happening, why it’s important to our species, and what parents can do to assure the best for their baby. Eliot discusses the senses, motor skills, emotions, memory, self-control, language, attention and intelligence, as well as how breast milk and other nutritional factors can improve a child’s mental functioning.
Farrisi, Theresa
_Diaper Changes: the Complete Diapering Book and Resource Guide_  
*Homekeepers, rev. ed. 1998*
Provides a wealth of information on cloth diapering and the choices surrounding diapering today. There is a chapter on making your own supplies and an excellent company resource guide. While the author strongly favors cloth diapers, she writes in an open, honest manner which leaves the reader free to make the choices that work for her family. La Leche League does not recommend any specific diapering method.

Fox, Isabelle
_Being There: The Benefits of a Stay-at-Home Parent_  
*Barron's, 1996*
This book reveals startling evidence about the critical importance of a parent’s presence in a child’s early years. Dr. Fox points out the risks involved in substitute care and ways to provide the necessary consistency when a substitute caregiver must be used.

Gerhardt, Sue
_Why Love Matters: How Affection Shapes a Baby’s Brain_  
*Brunner-Routledge, 2004*
We may not be able to recall our babyhood, but author Sue Gerhardt believes that each experience we have lived through has shaped us into the person we are today and who we will become later in life. Using the most recent studies based in neuroscience, psychology, psychoanalysis, and biochemistry, Gerhardt brings home the connection between love and brain development in the early years of life.

Gordon, Jay
_Listening to Your Baby_  
*Perigee, 2002*
Parenting advice is available nearly everywhere, but the best source of information, according to Dr. Jay Gordon, is a baby. An experienced pediatrician and board-certified lactation consultant, Gordon offers common-sense advice while reminding parents that their babies and their own instincts will give them the most reliable guidance. An easy book to read, especially helpful for expectant and new parents. (Reviewed in *New Beginnings*, Jul-Aug 2003).

Granju, Katie
_Attachment Parenting_  
*Pocket Books, 1999*
A practical guide for parents who want to be responsive and respectful of their baby’s needs. The author strongly advocates attachment parenting, an approach which includes minimizing baby-parent separation, co-sleeping, exclusive breastfeeding, and avoiding an over-reliance on baby "gadgets". Includes extensive resource lists as well as stories from parents and information from experts.
including LLLI, William Sears, Rachael Hamlet, and Jack Newman. (Reviewed in New Beginnings, Jul-Aug, 2000.)

Hine, Dianna
*The Baby Bond: How to Raise an Emotionally Healthy Child*
Cocoon, 1998
In an engaging and easy-to-read discussion of the importance of bonding and attachment, Hine emphasizes the crucial role support plays in the development of a healthy family, along with the "species-specific" needs of the baby. The appendix lists a variety of helpful resources for families, including associations, support groups and suggested reading. Very supportive of breastfeeding, although the author over-generalizes from her personal experience.

Johnson, Elizabeth
*Dance with Me*
Self-published, 2004
Whether seen as a delightful children’s book or as a sentimental book for parents who practice babywearing, *Dance with Me* is a lovely collection of photographs of babies in slings and carriers doing everything with their parents from sleeping and nursing to swimming. A heartwarming book about this very brief time in a child’s life.

Jones, Sandy
*Crying Baby, Sleepless Nights: Why Your Baby Is Crying and What You Can Do About It*
For the frustrated parents of crying babies. Written in a warm, loving tone. Includes a foreword by Marian Tompson. (Reviewed in New Beginnings, Mar-Apr 1993.)

Kirschner, Jan & Tracy Kirschner
*The Little Goo Roo*
Atlas Press, 1998
A unique book, part baby journal and part philosophy lesson. Each page offers a simple lesson taught by the parents’ best and wisest teacher, their own baby, and a space for the parents to write in their thoughts. Best suited as a journal or gift book rather than a Group Library book.

Klaus, Marshall & Phyllis
*Your Amazing Newborn*
Perseus, 2000
The authors present new research on mother-infant bonding and infant behavior and development in a coherent and beautifully illustrated volume. The 7-page spread of a newborn infant making his own way to the breast just minutes after birth is stunning. Readers will discover a new appreciation for a newborn’s awareness and abilities.
Lutz, Ericka  
On the Go with Baby  
Sourcebooks, 2002  
Parents of babies and young children may feel they have to choose between leaving their baby in someone else’s care or never traveling when their children are young. Lutz challenges this assumption and encourages parents to bring their children along when they travel. She provides thoughtful and practical suggestions, so that each family can figure out how to make traveling with children work for everyone.

Mack, Alison  
Toilet Learning  
Little, Brown and Company, 1983  
Enjoyable addition to your library for your two to four-year-old. Enjoy the priceless humor of the pictures; don’t take the occasional traces of rigidity in the text too seriously. Fun for the kids to look at, as you read the picture-captions to them. (Reviewed in Leaven, Jul-Aug 1979.)

Martin, Elaine  
Baby Games  
Running Press, 1988  
Each chapter begins with a brief description of the average developmental level and suggests ways you and baby can enjoy this time. Includes lullabies, nursery rhymes, water and word play, indoor and outdoor games, art activities, supplies and more. (Reviewed in New Beginnings, Jan-Feb 1989.)

McClure, Vimala Schneider  
Infant Massage  
Practical advice accompanied by photographs demonstrating proper massage techniques for baby. Emphasis is on skin to skin contact, touching, and infant-parent communication. The techniques can also be used on older children. (First edition reviewed in Leaven, Nov-Dec 1982.)

McKay, Pinky  
100 Ways to Calm the Crying  
Lothian, 2002  
This unique book focuses on the reasons babies cry while offering parents practical advice on soothing baby and coping themselves. Author Pinky McKay advocates strategies to calm and connect with baby, demonstrating a true respect for the child. Along the way, she gives solid information on breastfeeding, sleep, medical causes for crying, playing with baby, and, of course, loving ways to soothe and calm a crying baby.
Montagu, Ashley

*Touching*


A comprehensive survey of research and opinion documenting the importance of skin stimulation in the development of the human being. Encourages mothers to give in to their natural impulse to cuddle their babies, and emphasizes the importance of breastfeeding.

Pantley, Elizabeth

*Gentle Baby Care*


*Gentle Baby Care* can be considered the owner’s manual for a newborn! A comprehensive guide with alphabetically listed topics, *Gentle Baby Care* is filled with expert medical advice as well as practical tips that will model to new parents desiring the gentle, loving approach to parenting their precious newborn. (Reviewed in *New Beginnings*, Nov-Dec 2004.)

Pirie, Alex & Hollis Herman

*How to Raise Children without Breaking Your Back*

IBIS Publications, 1995

The authors present practical tips and helpful exercises to help parents with the physical stress involved in caring for children. From postpartum healing to stretching and strengthening exercises for life-long fitness, this book is a practical guide to improving your overall health.

Sears, Martha & William Sears

*25 Things Every New Mother Should Know*


From giving birth to breastfeeding to meeting baby’s needs, this book reinforces a mother’s confidence by reassuring her that she is the expert on her baby. Helps a brand-new mother understand her new role by encouraging her to respond intuitively to her baby.

Sears, William

*Growing Together*

La Leche League International, 1987

(See LLLI Publications)

Sears, William & Martha Sears

*The Attachment Parenting Book*

Little, Brown and Company, 2001

Written by the pediatric experts who coined the phrase "attachment parenting," this inspirational book provides information to help parents understand their children and enjoy parenting. Explains the benefits of attachment parenting and breastfeeding; provides tips on bonding for mothers, fathers, and in special situations; and dispels many of the myths involved with attachment parenting. Also
discusses baby wearing, co-sleeping, mother burnout, and baby training. (Reviewed in *New Beginnings*, Jul-Aug 2002.)

**Sears, William & Martha Sears**
*The Baby Book: Everything You Need to Know about Your Baby from Birth to Age Two*
This guide to the first two years emphasizes a baby’s basic needs and helps new parents to meet those needs through the attachment style of parenting.

**Sears, William & Martha Sears**
*The Fussy Baby*
(See LLLI Publications)

**Sears, William & Martha Sears**
*The Fussy Baby Book*
Little, Brown and Company, 1996
In this book, the Sears offer tested techniques to empower parents to cope with and ultimately enjoy their fussy babies and high-need children. Expands on the ideas presented in the LLLI-published book, *The Fussy Baby*. Survival strategies for everything from nighttime parenting to mother burnout. Formerly titled *Parenting the Fussy Baby and High-Need Child*.

**Silberg, Jackie**
*125 Brain Games for Babies*
Gryphon House, 1999
The best way to enhance your baby’s brain development is to meet his needs for touch, closeness, and interaction. Silberg takes parents step-by-step through 125 activities for the first 12 months. Each activity includes a summary of pertinent “brain research.”

**Silberg, Jackie**
*More Games to Play with Toddlers*
Gryphon House, 1996
Fun and educational games and activities to keep parents and toddlers happy. Games include blocks, balls, colors and shapes, language and rhyme, quiet, running and jumping, singing, and specific social and educational skills. The author suggests 12-24 months as appropriate ages for these games, but they could easily be used by preschoolers as well.

**Todd, Linda**
*You and Your Newborn Baby*
Harvard Common Press, 1993
An accurate, readable description of life with a newborn baby, including the challenges and rewards, as it affects baby, mother and family. Although bottle-
feeding is discussed, the author promotes breastfeeding and child-centered parenting.

OLDIER CHILDREN AND ADOLESCENTS

Borba, Michele
Nobody Likes Me, Everybody Hates Me
Jossey-Bass, 2005
Based on a survey of five thousand teachers and parents, Borba has compiled 25 skills children can use in order to create lasting friendships all the while dealing confidently with the varied social and peer pressures surrounding them.

Campbell, Ross
How to Really Love Your Teenager
Helps parents learn to give unconditional love to teens through eye contact, physical contact, and focused attention. Emphasizes that parents are responsible to meet the emotional needs of their teens and to provide them with authority and direction. Covers dealing with depression and handling teenage anger. Author’s personal religious beliefs play a prominent role in this book. Second edition includes a new chapter "A Child’s Anger" which explores passive-aggressive behavior. (First edition reviewed in Leaven, Jan 1984.)

Elium Jeanne & Don Elium
Raising a Daughter: Parents and the Awakening of a Healthy Woman
Celestial Arts, 2003
Despite parents’ best efforts at providing a stable and loving environment for their daughters—holding them up and helping them to believe they can do anything—growing girls are faced with a society which appears to exploit them from all sides. Guiding parents through the many stages of a girl’s development—from babyhood to early adulthood—the authors offer parents the tools necessary to help their daughters through.

Elium, Don & Jeanne Elium
Raising a Son: Parents and the Making of a Healthy Man
Celestial Arts, 2004
Blending their years of parental experience, good humor, and loads of sensible wisdom, Don and Jeanne Elium give both new and experienced parents the gift of insight into their sons’ developmental growth both intellectually and physically. This updated edition provides information on violence in the media and how it affects the young boys who are exposed to it as well as supporting the child with special needs from the “Out of Control Son” to the “Highly Sensitive Son”.

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Fox, Isabelle
*Growing Up: Attachment Parenting from Kindergarten to College*
Sun Publishers 2003
Fox discusses the developmental stages of the child aged five through 21. She believes that by understanding what is normal, parents are better equipped to deal with the many changes that occur throughout these turbulent years, and should be able to respond with empathy, respect and sensitivity. Throughout Fox stresses the importance of "being there," both emotionally and physically, and of creating a supportive and loving family environment. A section on Special Situations discusses Attachment Parenting in relation to the mother returning to work, divorce and stepfamilies, adoption, and death. (Reviewed in *New Beginnings*, Jan-Feb 2004.)

Goldstein, Robin
*Stop Treating Me Like a Kid: Everyday Parenting for the 10- to 13-year-old*
Viking Penguin, 1994
A common-sense approach to handling the upheavals of the pre-teen years. Offers parents help on topics such as communication, respect, negativity, single parenting, peer pressure, and more. Brief, concise, easy-to-read chapters make this an excellent guide for parents who want specific advice as well as those who are looking for more general suggestions.

Kirshenbaum, Mira & Charles Foster
*Parent-Teen Breakthrough*
Plume, 1995
"Is this really my child?" How can we -continue with the parenting style we know feels right when teens are so different from their younger selves? Describes "the relationship approach"—loving guidance for the teenage years. The authors tell how to break down the barriers to parent and teen communication.

McIntire, Roger
*Teenagers & Parents: Ten Steps for a Better Relationship*
A practical guide to loving guidance for parents of teenagers. The author believes that the main job for the parent of a teen is to be a role model and coach, and the most critical skills are listening and expressing respect. (Earlier edition reviewed in *New Beginnings*, Nov-Dec 1991.)

Morris Shaffer, Susan & Linda Perlam Gordon
*Why Boys Don’t Talk and Why It Matters*
McGraw-Hill, 2005
Just because the average teenage boy isn't a chatterbox doesn't mean he doesn't have an opinion about something. By providing communication techniques and information from focus groups as well as research in gender equity, this book helps parents recover the emotional connection to their sons.
Morris Shaffer, Susan & Linda Perlam Gordon  
*Why Girls Talk and What They Are Really Saying*  
McGraw-Hill, 2005

Most people believe that girls are easy to communicate with because they talk so very much. However, with the teenage years comes drama in the form of a hostile type of communication complete with fighting and brooding. This book offers parents the tools necessary to break through the drama and how to sustain loving and emotionally solid communication with their daughters.

**PLAY AND LEARNING**

Britton, Lesley  
*Montessori Play and Learn: A Parent’s Guide to Purposeful Play*  
Crown, 1993

This presentation of the Montessori method of teaching helps parents teach their children the basics and also recognize their child’s unique personality, while helping the child to develop intellectually, psychologically, and emotionally.

Carpenter, Diana & Annette Leibovitz  
*Our Camp Our Children: A Complete Guide to Starting Your Own Home-Based Cooperative Family Day Camp*  
Privately published, 2002

A detailed book that provides information on how parents can organize and run a successful home-based day camp. While addressing topics such as food, tips for taking field trips, effective games to play, and safety issues, this book is made complete with guidelines for the different aspects of handling money and creating camp schedules. Helpful lists of stores, books, and Web sites are also included.

Ellison, Sheila & Barbara Barnett  
*365 Ways to Raise Great Kids*  
Sourcebooks, 1998

A compendium of step by step instructions for family-centered activities together. Each activity is applicable to any age and activity level, which makes this book unusually versatile. If you are looking for some great character-building activities, this is the book for you.

Engelhardt, Anne & Cheryl Sullivan  
*Playful Learning*  
La Leche League International, 1986  
(See LLLI Publications)
Griffin, Mary
*The Homeschooling Handbook*
Prima, 2nd rev. ed., 1999
Provides information on the effectiveness of homeschooling, legal issues, theories of learning and practical applications. Readers are given assistance in dealing with state regulations, skeptical friends and relatives, sibling wars, isolation, and avoiding burnout. An excellent resource for anyone considering homeschooling. Griffin believes in family first and stresses the importance of recognizing individual strengths and needs. (First edition reviewed in *Leaven*, Oct-Nov 1998.)

Jones, Claudia
*Parents Are Teachers, Too: Enriching Your Child’s First Six Years*
Williamson, 1988
Includes hundreds of specific ideas and problem-solving techniques that can be used to encourage children to achieve their full potential by turning everyday events into spontaneous learning experiences.

Lahrson-Fisher, Ann
*Fundamentals of Homeschooling*
Nettlepatch Press, 2002
Lahrson-Fisher describes how all families, homeschooling or not, can live a "satisfying learning lifestyle." Her numerous suggestions for capitalizing on a child’s natural ability to learn through play and daily interactions are relevant to any parent seeking to enhance their child’s education. From preschool to teenage years, see how family living can be successfully combined with learning at home.

Layne, Marty
*Learning at Home: A Mother’s Guide to Homeschooling*
A guide written by a homeschooling mother of four and former LLL Leader. The author emphasizes the importance of focusing on each child’s needs rather than sticking to a strict curriculum and timetable.

Markova, Dawn
*How Your Child Is Smart: A Life-Changing Approach to Learning*
Conari, 1992
Focuses on the different learning patterns children have, and how to use these patterns effectively so your child will get the most out of learning.

Milord, Susan
*Hands Around the World*
A revised edition, *Hands Around the World* is packed with even more activities, games, and stories to encourage and embrace cultural awareness in the four to 10 year old child.
Terzian, Alexandra  
*The Kids Multicultural Art Book*  
Williamson, 1993  
Introduces children to other cultures through easy and fun creative activities.

Trelease, Jim  
*Hey! Listen to This!*  
Penguin, 1992  
The author of *The New Read-Aloud Handbook* brings together forty-eight new read-aloud stories that parents and teachers can share with children ages five through nine. From school days to animal tales, this book is full of stimulating stories that help children understand the world they live in or enter one that is full of surprises.

**NIGHTTIME PARENTING**  
Fleiss, Paul  
*Sweet Dreams*  
McGraw Hill, 2000  
*Sweet Dreams* supports the breastfeeding relationship while offering practical, specific information to parents. It fosters an understanding of the child’s capabilities at different stages, through adolescence, as they relate to sleep. Many sections in the book include references to current research so parents can decide for themselves whether the evidence is relevant to their parenting experience. The book also reflects the author’s personal opinions on a variety of parenting topics, including his opposition to circumcision. (Featured in *New Beginnings*, Jan-Feb 2003.)

Gordon, Jay & Maria Goodavage  
*Good Nights: The Happy Parent’s Guide to the Family Bed (And a Peaceful Night’s Sleep)*  
St. Martin’s Griffin, 2002  
Putting many concerns and rumors that often surround the family bed to rest, the authors use a fun, easy-to-understand approach to explain safety, coping with criticism, and how to keep the spark alive in a marriage while co-sleeping. This book provides a breastfeeding-friendly, comprehensive look at the scientific research that surrounds co-sleeping, including the possible protection from SIDS; and the benefits that many parents may not be aware of, such as the fact that co-sleepers are usually more independent than their cribbed peers. (Reviewed in *Leaven* Aug-Sep 2003.)

Jackson, Deborah  
*Three in a Bed*  
Bloomsbury, rev. ed., 1999  
Where should baby sleep? According to Jackson, the answer is up to you. But if you choose to have baby in bed with you, she offers lots of support. This is a passionate exploration of the advantages of bed sharing, supported by medical, anthropological, psychological, and historical evidence.
**McKenna, James**  
*Sleeping With Your Baby: A Parent’s Guide to Cosleeping*  
Platypus Media, 2007  
Join Dr. James McKenna as he provides the latest information on the benefits of cosleeping and explores the various ways to share sleep safely.

**Pantley, Elizabeth**  
*The No-Cry Sleep Solution*  
McGraw-Hill, 2002  
This book provides a gentle approach to sleep training for parents who believe it necessary to modify baby’s sleep habits without resorting to the cry-it-out methods. It offers easy-to-use charts to plan and measure progress. The ideas presented are common sense solutions to a problem that is seen as monumental for many new mothers. LLL does not agree with the cautions against letting baby fall asleep at the breast or holding a sleeping baby or child. (Featured in *New Beginnings*, Jan-Feb 2003.)

**Pantley, Elizabeth**  
*The No-Cry Sleep Solution for Toddlers and Preschoolers*  
McGraw-Hill, 2005  
Take positive sleep routines one step further with this follow-up to Elizabeth Pantley’s popular book, *The No-Cry Sleep Solution*. A guide to help the one to six-year-old develop healthy sleep habits, the author addresses common concerns such as night waking, graduation from the family bed to independent sleep, nightmares, naptime problems, and much more.

**Sears, William**  
*Nighttime Parenting*  
LLL, 2nd ed., 1999  
(See LLL Publications, page 5.)

**Sears, William & Martha Sears**  
*How to Get Your Baby to Sleep: America’s Foremost Baby and Childcare Experts Answer the Most Frequently Asked Questions*  
Little, Brown and Company, 2001  
Short and written in an accessible question and answer format, nighttime parenting issues are discussed with the compassion and common sense typical of the Sears. Topics include choosing the right place for baby to sleep, getting a baby back to sleep, why babies shouldn’t have to “cry it out” and how to reduce the likelihood of SIDS. The many tips for fathers will help make nighttime parenting a family affair.

**Sears, William, Martha Sears, James Sears, & Robert Sears**  
*The Baby Sleep Book*  
Little, Brown and Company, 2005  
The authors have produced a wonderful book for parents who want to respond to their children’s nighttime needs. The book provides tips for helping babies, toddlers
and preschoolers go to sleep. Most importantly, *The Baby Sleep Book* encourages parents to listen to their babies and to trust their own instincts.

**Thevenin, Tine**  
*The Family Bed*  
*Avery, 2nd ed., 1987*  
Discusses pros and cons of children sleeping with parents and siblings. Historical perspectives, as well as personal experiences, provide helpful information to parents. (First edition reviewed in *Leaven*, May-Jun 1976.)

**MOTHERHOOD, FATHERHOOD, AND FAMILY LIFE**

**Alban Gosline, Andrea & Lisa Burnett Bossi**  
*Celebrating Motherhood*  
*Conari Press, 2002*  
A compilation of birth stories, birth customs from around the world, literary excerpts, and spiritual guidance for mothers and about motherhood. Contributing to this book are such literary, world, and spiritual figures as Maya Angelou, Princess Grace of Monaco, Vladimir Nabokov, Carl Jung, Mother Teresa, E. B. White, the Dali Lama, and many others.

**Berman, Raeann & Bernard Shulman**  
*How to Survive Your Aging Parents...So You and They Can Enjoy Life*  
*Surrey, 2nd ed., 2001*  
The focus of this book is on the emotional and practical needs of elderly parents and adult children, with comparisons to other stages of parenting. It stresses the importance of effective communication skills and understanding the development stages of aging.

**Banno, Melissa & Ann Willms**  
*This Moment*  
*Self-published, 2002*  
A collection of poems, *This Moment* embraces mothering in a soft, gentle way. The collection demonstrates the authors’ reverence for the simple moments with children, and their appreciation of the experience of motherhood, in a refreshing and inspiring way.

**Bolster, Alice**  
*Fatherwise: 101 Tips for a New Father*  
*La Leche League International, 1999*  
(See LLLI Publications)
Bolster, Alice
*Motherwise: 101 Tips for a New Mother*
La Leche League International, 1997
(See LLLI Publications)

Brennan, Heidi
*Discovering Motherhood*
Mothers at Home, 1992
This collection of stories, poems, and anecdotes celebrates women who view staying home with their children as a positive experience rather than a burden. LLL does not agree with some suggestions and resources concerning nighttime parenting. (Reviewed in *New Beginnings*, Jul-Aug 1993.)

Carlson, Barbara, Margaret Healy, and Glo Wellman
*Taking Care of Me so I Can Take Care of My Children*
Parenting Press, 1998
Great for new mothers or fathers, this book helps parents understand that only by being good to themselves, can they really give their children their best. Filled with creative and interesting illustrations, the authors give new parents the tools they need to implement constructive changes in their lives.

Cilley, Marla
*Sink Reflections*
Bantam, 2002
This charming, mother-friendly book blends humor and practical techniques to demonstrate how to navigate the chaos of daily life. Easy-to-read, this book offers personal anecdotes, step-by-step guides, brief chapter summaries, and fun ways to combat clutter and disorder in your home and life. Ideas, such as making weekly plans and using "baby steps," are easy to implement, will limit stress levels, and teach you how to FLY: "Finally Love Yourself."

Dacyczyn, Amy
*The Complete Tightwad Gazette*
Villard, 1998
Goals such as debt reduction, home ownership, and prospering on one salary—not to mention attaining a less materialistic attitude—may be achieved by adopting some of the attitudes and practices creatively presented in this book based on a very successful homespun newsletter. (Reviewed in *New Beginnings*, Sep-Oct 2003.)

Doe, Mimi
*Busy but Balanced: Practical and Inspirational Ways to Create a Calmer, Closer Family*
St. Martin’s Griffin, 2001
This book offers practical, real-life advice for parents, who, understanding the importance of creating a nourishing home and deeply connecting with their
children, want to do so while still embracing life to the fullest. Divided into four parts, which correspond with the seasons, and into sections for each month of the year, this book offers itself as a "year-long balance guide" designed to help parents "seize the day, calmly." It stresses the importance of putting people and not things first. While the book remains mostly practical in nature, it does contain advice for spiritual development and includes non-denominational references to God.

Doherty, William
*Take Back Your Kids: Confident Parenting in Turbulent Times*
Sorin, 2000
Doherty believes that many parents today see their role as providers of services and opportunities for children. Instead, he urges us to occasionally say no to our children’s wants and arrange for more meaningful family time together at meals, religious services, and volunteer activities. His short, highly readable approach includes how to monitor media distractions, counter the "me-first" consumer culture, and contends that nurturing a marriage and caring for children are not mutually exclusive activities.

Dyer, Traci, ed.
*Mother Voices: Real Women Write about Growing into Motherhood*
Rose Communications, 1999
Over 100 mothers from around the world share their thoughts on the realities of motherhood—both the pleasures and the frustrations. Intimate, thought-provoking, and frank sharing make this a unique collection.

Ford, Judy
*Wonderful Ways to Be a Family*
Conari Press, 1998
Easy to pick up and read, this little book encourages everyone in the family to lighten up, have fun, and enjoy each other. (Reviewed in *New Beginnings*, Mar-Apr 2001.)

Glennon, Will
*Fathering*
Conari, 1995
This book about fathering from the heart tells how to strengthen the connections between father and child even when travel, long work hours, or divorce make this difficult. Strong quotes from more than 100 fathers convey the message that fatherhood is one of the most difficult and rewarding challenges a man can face.

Hannessian, Lu
*Let the Baby Drive*
St. Martin’s Press, 2004
This memoir of television personality Lu Hannessian’s early years with her first child is marked by empathy for children’s needs and her ability to look honestly at the needs and motivations of parents. It is a thoughtful story of Hanessian trusting her
instincts as a mother amid the chorus of voices advising her on what is best for her son. (Reviewed in New Beginnings, Sep-Oct 2004.)

**Hanson, Rick, Jan Hanson & Ricki Pollycove**  
*Mother Nurture*  
Penguin, 2002  
This book covers the physical and emotional stressors on contemporary mothers and offers ways they can care for themselves and nurture their relationships. Special emphasis is given on ways to improve the interactions and relationships between mother and father. (Reviewed in Leaven, Feb-Mar 2004.)

**Heinowitz, Jack**  
*Fathering Right from the Start: Straight Talk about Pregnancy, Birth and Beyond*  
New World Library, 2001  
A must-read for any father-to-be! Heinowitz offers loving and down-to-earth ideas for fathers on how to communicate with your partner and how to understand and express your fears. From the prenatal period to adolescence, topics covered include sex after baby, bonding with a breastfed baby, setting priorities, and time management. (Reviewed in New Beginnings, Mar-Apr 2002.)

**Hunt, Jan**  
*The Natural Child: Parenting from the Heart*  
New Society Publishers, 2001  
This collection of essays explores issues related to attachment parenting—such as the importance of natural childbirth, extended breastfeeding, and loving guidance—from infancy onward. The author, a parenting counselor, bases her writing on the belief that "children who have the most loving care in infancy become the most secure and loving adults." Topics addressed include living with a crying baby, parenting with empathy and trust, and guiding and helping children to learn. The author’s views on homeschooling and child-spacing go beyond LLL philosophy. (Reviewed in Leaven, Aug-Sep 2003 & New Beginnings, Mar-Apr 2004).

**Hunter, Brenda**  
*In the Company of Women*  
Multnomah, 1994  
Provides insight into the importance of female relationships, from the bonds between mother and daughter to friendship and mentoring. The author’s Christian beliefs are reflected in some parts of the text.

**Hunter, Brenda**  
*The Power of Mother Love*  
WaterBrook Press, 1999  
From her double perspective as mother and psychotherapist, Hunter describes the incredible force that is unleashed when a mother surrenders her heart to her children. This well-researched book eloquently conveys the importance of mother
love for both mother and child. LLL does not agree that nighttime feedings should end by the middle of the first year or that spanking is an effective discipline tool. The author’s strong Christian faith is reflected throughout the text. (Reviewed in Leaven, Feb-Mar 1999.)

**Kabat-Zinn, Myla & Jon**  
*Everyday Blessings: The Inner Work of Mindful Parenting*  
Hyperion, 1998
Written by the parents of three grown children, this book focuses on the thoughts and feelings, rather than the techniques, associated with parenting children of all ages. The authors draw upon their knowledge of the Zen-Buddhist concept of mindfulness to give readers a new understanding of how to be present to their children. (Reviewed in New Beginnings, Sep-Oct 2001.)

**Kendall-Tackett, Kathleen**  
*The Hidden Feelings of Motherhood*  
Pharmasoft, rev. ed., 2005
An overview of deep, hidden issues of motherhood: stress, depression, and burnout. Kendall-Tackett addresses a wide range of situations, including household management, work-family balance, parenting disabled children, and coping with the death of a child. Each section includes extensive resources. Throughout, the author emphasizes that mothering can be very challenging at times while offering practical suggestions, gentle empathy, and steadfast hope that even the greatest challenges can be faced. (First edition reviewed in Leaven, Dec-Jan 2003.)

**Kendall-Tackett, Kathleen**  
*The Well-Ordered Home*  
Written in short, easy to read chapters, this book adopts the thinking woman’s approach to housework. Readers are encouraged to find organizational methods that work for them through four basic principles: starting where you are now, having what you need, using active storage, and getting rid of clutter. Packed with practical tips on everything from organizing your kitchen to coping with the holidays, this book gives a realistic and motivating approach to home management. (Reviewed in New Beginnings, Mar-Apr 2005.)

**Kenison, Katrina**  
*Mitten Strings for God*  
Warner, 2000
A beautifully crafted collection of "Reflections for Mothers in a Hurry." In a series of short chapters, Kenison meditates on living a simpler life and explores mothering as a vocation and spiritual journey.
Lewis, Thomas, Fari Amini, & Richard Lannon
*A General Theory of Love*
*Vintage Books, 2000*
A serious discussion of the importance of attachment to brain development which underscores the value of early nurturance. Three psychiatrists describe what new scientific research has to say about human love. Topics include how relationships function, where love goes wrong, how parents shape a child’s developing self, what promotes and discourages violence in children, and how our modern societal expectations are often at odds with our needs.

Liedloff, Jean
*The Continuum Concept*
*Addison-Wesley, 1986*
The author lived with the Yequana Indians of South America and observed the effortless upbringing of their children. Yequana babies are literally kept in arms day and night until they begin to crawl. LLL does not endorse the author’s proposals for providing adults with experiences to compensate for a lack of in-arms experience as babies. (Earlier edition reviewed in *Leaven*, Mar-Apr 1978.)

Mailler, Carolyn Dash, ed.
*Parenting from the Heart*
*Motherwear, 1996*
A collection of 79 essays from "from the heart," Motherwear’s magazine for nurturing families. Written by mothers who have let their hearts guide them in their parenting choices, the stories attest to the value of mothering through breastfeeding and listening to feelings. Above all, the essays celebrate the pleasure and wonder of being a mother.

McCartney, Joan
*We Should Do This More Often*
*Daan Graphics, 1987*
A cartoon book from an LLL Leader that includes more than 120 cartoons reflecting humorous aspects of family life.

McClure, Vimala
*The Tao of Motherhood*
*New World, 1997*
Written in a succinct and poetic way, this book offers short meditations on the inner work of parenting, and invites the reader to contemplate the higher purpose of mothering and reflect on loving guidance. The author’s spiritual beliefs are reflected throughout the text.
McKay, Pinky  
*Parenting from the Heart*  
Lothian Books 2001  
This Australian book takes a humorous look at pregnancy, breastfeeding and parenting while encouraging the mother to take charge and trust her instincts. Although mainly lighthearted in style, McKay touches on some difficult subjects such as child abuse. The book includes a myriad of personal stories, and some readers may be uncomfortable with occasional use of profanity and the frank nature of some of the stories.

Moran, Victoria  
*Shelter for the Spirit*  
HarperCollins, 1998  
Poetic as well as practical, *Shelter for the Spirit* is an ode to the central role the home plays in a truly nurturing community. Nineteenth century industrialization took us out of the home, separating work and family and reducing families to their current “nuclear” size. Moran invites us to discover (or re-discover) the home as more than a place to rest our weary heads at night—as a place to live, birth, die, feast, reflect, work, meditate, study, and play. (Reviewed in *New Beginnings*, Jul-Aug 1998.)

Neufeld, Gordon & Gabor Mate  
*Hold on to Your Kids: Helping the Most Important People in a Child’s Life Make a Positive and Listing Difference*  
Alfred Knopf, 2004  
A scholarly piece, Neufeld and Mate focus on a positive attachment between child and parent as the foundation from which parents can regain their natural authority and prevent their children from being lost in the world of peer orientation. This book will empower parents to be for their children what nature intended: the true source of contact, security, and warmth.

Northrup, Christiane  
*Mother-Daughter Wisdom: Creating a Legacy of Physical and Emotional Health*  
Bantam, 2005  
Dr. Northrup believes that by appreciating and accepting the bond between mothers and daughters, a woman can take charge of her health at any point in her life. The important changes she makes can not only positively affect the woman herself, but also strengthen and empower her relationship to her mother and/or her daughter.

Odent, Michel  
*The Scientification of Love*  
Examines the role our physiology, particularly hormones, plays in the development of love between a mother and child, husband and wife, and in other relationships. (First edition reviewed in *Leaven*, Apr-May 2002.)
O’Mara, Peggy
*Natural Family Living*
Pocket, 2000
An excellent, comprehensive book for families interested in a more natural lifestyle and approach to child-rearing. Very supportive of breastfeeding, natural childbirth, and attachment parenting. LLL does not take a stand on some of the topics discussed, such as circumcision and vaccinations.

Palisi, Tiffany
*Loving Mama: Essays on Natural Parenting and Motherhood*
Hats Off Books, 2004
A lovely collection of heart-warming essays full of conviction for a better way to parent, *Loving Mama* is written by contemporary mothers who have discovered attachment parenting: what it means, the rewards, and how it works for their families. Sections include information on attachment parenting, birth, breastfeeding, baby wearing, and co-sleeping.

Petrash, Jack
*Covering Home*
Robins Lane Press, 2000
This easy-to-read book targeted to fathers addresses gentle discipline for children through adulthood. Each of the book’s nine chapters center around a “lesson” that applies to both baseball and fathering. The author’s love for children as well as baseball comes through clearly.

Portnoy, Sanford & Joan Portnoy
*How to Take Great Trips with Your Kids*
Family vacations are fun, but this book can help make them even better. The Portnoys help you cope with the good and the bad—planning, packing, hotel-room clutter, togetherness, and entertaining the kids.

Reynolds, Jan
*Mother & Child: Visions of Parenting from Indigenous Cultures*
Inner Traditions International, 1997
Intimate and poignant photographs of mothers and children from indigenous cultures around the world illustrate a deep connection with the natural environment and the primal nature of the mother-child bond. Reynolds illustrates each of life’s passages from birth to grandparenting with a consistent message of support for honoring the natural way of caring for children, which includes breastfeeding and mother-baby togetherness.
Schofield, Deniece
_Confessions of an Organized Homemaker_
This book offers homemakers ideas for becoming more organized while focusing on the importance of spending time as a family and not letting house-cleaning get in the way. Includes valuable ideas on time-management, storage alternatives, meal planning, and motivation. (Earlier edition reviewed in _New Beginnings_, Sep-Oct 1992.)

Sears, Martha & William Sears
_25 Things Every New Mother Should Know_
(See Babies to Preschoolers)

Sears, Robert & James Sears
_Father’s First Steps_
Harvard Common Press, 2006
Continuing the Sears family legacy of supportive parenting literature, Drs. Bob and Jim Sears have written a concise how-to manual for new fathers. One reviewer is quoted on the end page as saying, “The Sears brothers don’t tell us what kind of dads we should be, they tell us how to be the kind of dads we want to be.”

Sears, William
_Becoming a Father_
(See LLLI Publications)

Slocum, Loren
_No Greater Love: Being an Extraordinary Mom_
St. Martin’s, 1999
An inspirational celebration of motherhood through photography, problem-solving questions, and quotations. The author’s religious faith is reflected in the text.

Small, Meredith
_Our Babies, Ourselves: How Biology and Culture Shape the Way We Parent_
Anchor, 1999
Small draws on the new science of ethnopediatrics to examine the intersection of culture and biology and their joint influence on parenting. After a brief tour of parenting styles around the world, Small looks at infants’ biological needs and discusses how we can best meet those needs both within and across cultures. The author makes strong statements about the risks of breastfeeding if a mother is HIV positive which are not supported by current research since there are many unknown factors involved in maternal-infant transmission of HIV. (Reviewed in _Leaven_, Apr-May 1999.)
Stadlen, Naomi  
*What Mothers Do: Especially When It Looks Like Nothing*  
Judy Piatkus Limited, 2004

Naomi Stadlen, LLL Leader in Great Britain and founder/facilitator of Mothers Talking, a support group for mothers, writes a wonderfully thoughtful book encouraging a mother to ponder the intense value of her relationship with her child. Stadlen draws attention to the essential, yet often unspoken changes a woman experiences as she transforms herself into "mother" and gives words to the quiet intimacy and devotion between mother and baby. The reader will feel comforted, understood, appreciated, and affirmed throughout this book.

Stern, Daniel  
*The Birth of a Mother*  
Basic Books, 1998

Stern, a psychiatrist, charts the psychological transformation of motherhood with revealing case studies and personal observations. A sensitive section addresses the special impact of premature or handicapped babies. Women, who find the transition to motherhood to be a difficult period of self redefinition, will be reassured by Stern’s supportive and thoroughly researched approach.

Sweet, Bill & Win  
*Living Joyfully with Children*  
Acropolis, 1997

Encourages families to focus on principles rather than rules and regulations. By identifying important values and structuring family life around these ideals, parents can create a positive family situations where each individual is respected for their True Self. "Loving Guidance" with a New Age flavor.

Young, Pam & Peggy Jones  
*Sidetracked Home Executives*  

A witty, humorous account of two sisters’ attempts to organize their homes and lives. The result is a comprehensive, flexible system adaptable even for the mother of a new baby. The authors point out that no system can work unless it puts “people first”. (First edition reviewed in *Leaven* Nov-Dec 1982.)

**Parenting and Careers**

Folger, Liz  
*The Stay-At-Home Mom’s Guide to Making Money from Home*  
Prima, 2nd ed., 2000

This book will help you find a business you love, plan and budget your time, manage yourself, your business and your family, and answer many more common questions about working from home. Learn how to avoid get-rich scams and costly mistakes, while tapping into the Internet and local resources for a wealth of information to help you get started. You'll also find tips and advice from over 30 mothers who have
started their own successful businesses while staying home with their children. (First edition reviewed in *New Beginnings*, Sep-Oct 1998.)

**Hicks, Jennifer**  
*Hirkani’s Daughters: Women Who Scale Modern Mountains to Combine Breastfeeding and Working*  
La Leche League International, 2005  
(See LLLI Publications)

**Roberts, Lisa**  
*How to Raise a Family and a Career Under One Roof: A Parent’s Guide to Home Business*  
Bookhaven, 1997  
Highlights the positive impact self-employment has on one’s children, spouse, and the community at large. Promotes the home-business lifestyle as a healthy balance for the entire family. (Reviewed in *New Beginnings*, Sep-Oct 1998.)

**Robertson, Brian**  
*Daycare Deception: What the Childcare Establishment Isn’t Telling Us*  
Encounter Books, 2003  
Providing insight not seen in the average parenting circles, Brian Robertson provides a well-researched case demonstrating how the daycare establishment’s powerful multimillion dollar lobby uses its’ power to hide the truth: daycare is physically and emotionally harmful to children.

**Tamsevicius, Kristie**  
*I Love My Life!: A Mom’s Guide to Working at Home*  
With strong emphasis on working from home with children, *I Love My Life* addresses all aspects of starting a home-based business in order to have more flexibility to spend time with family. This book provides structure, encouragement, and inspiration for those wishing to return to home for employment or for those wishing to add a second income to the household. The author focuses on utilizing the internet for marketing the business or for the business itself. An extensive resource section is included for additional reading. (Reviewed in *New Beginnings*, Nov-Dec 2005.)
**Children's Books**

**Andreae, Giles**  
*There's a House Inside My Mommy*  
Albert Whitman, 2002  
Through its easy-to-read, rhyming text and colorful drawings depicting a loving, growing family, *There's a House Inside My Mommy* addresses the natural curiosity an older toddler/young preschooler might have when mom is expecting a new baby. The book's illustrations portray a loving, child-centered family with equal involvement from both mom and dad. The story addresses the physical changes a sibling-to-be might notice during mom's pregnancy, while reassuring the child that s/he will continue to be just as special to mom and dad as s/he already is. Because this book does not discuss or picture the actual birth setting, family sleeping arrangements or infant feeding methods, it is suitable for a wide variety of families.

**Anholt, Catherine & Laurence**  
*Sophie and the New Baby*  
Whitman, 2000  
A wonderful book about the many mixed feelings a child may go through while adjusting to the birth of a sibling: from anticipation to a sense of loneliness, from anger to happiness. Beautifully illustrated, the book suggests a correlation between the passing of seasons and changing emotions. (Reviewed in *New Beginnings*, Jan-Feb 2003.)

**Ashbé, Jeanne**  
*And After That*  
Kane/Miller, 2002  
This loving sequel to *What's Inside* engages the child with colorful images, funny text, and flaps that are lifted to reveal what happens after various situations, such as after putting on socks and making a mess. The book shows the child that although there will be changes after her new sibling arrives, they aren't necessarily bad ones. (Reviewed in *New Beginnings*, Jan-Feb 2003.)

**Ashbé, Jeanne**  
*What's Inside*  
Kane/Miller, 1999  
Gentle and humorous lift-the-flap book that shows a young child what is inside a number of everyday objects and what is inside mom when a baby is growing. The final illustration shows the cuddly baby being held by her older brother, at last. (Reviewed in *New Beginnings*, Jan-Feb 2003.)
Avery, Charles
_Everybody Has Feelings/ Todos Tenemos Sentimientos_  
Gryphon House, 1997  
Beautiful candid black and white photos of multiracial, mostly African-American, children. Photos and simple text in English and Spanish effectively illustrate a wide range of feelings.

Bernhard, Emery & Durga Bernhard  
*A Ride on Mother’s Back: A Day of Baby Carrying Around the World*_  
Gulliver Books, 1996  
Families from across the globe meet the needs of their youngest members in this colorful children’s book. Babies and toddlers are carried in a wide variety of slings and backpacks. Several illustrations include nursing.

Boritzer, Etan  
*What is Love?*_  
Veronica Lane, 1996  
Charming illustrations and thoughtful text explore the question, “What is Love?” A wonderful read-aloud for children four and older.

*Breastfeeding is Special*  
This bilingual coloring book reassures the older sibling that mother will breastfeed the new baby, that breastfeeding is special, and that s/he will always be loved.

Camp, Lindsay & Jonathan Langley  
*The Biggest Bed in the World*_  
HarperCollins, 2000  
Tells the story of Ben’s dad who goes on a search for an ever-bigger bed to share with his ever-growing family. Parents and children alike will admire the creative ways this father seeks to meet the nighttime needs of his entire family. Breastfeeding-friendly, although there is a bottle in one illustration.

Carroll, Teresa  
*Mommy Breastfeeds Our Baby*_  
NuAngel, 2005  
The older sibling of a breastfed baby narrates this multilingual children’s book. Breastfeeding friendly, although the mother is depicted leaving the newborn with expressed milk to run errands.

Cole, Joanna  
*How You Were Born*_  
This sensitive book tells how a baby grows from an egg cell, lives inside the mother’s uterus, and is born—at home, in the hospital, naturally or by cesarean. Beautiful
black-and-white photographs capture parents’ and siblings’ excitement about the
new baby, while the text describes all that babies see and feel. (Reviewed in New
Beginnings, May-Jun 1998.)

Corey, Dorothy
Will There Be a Lap for Me?
Albert Whitman, 1992
This beautifully illustrated book chronicles the older sibling’s transition as the new
baby is added to the family. Of course, there will be a lap for big brother, even if the
baby seems to be nursing all the time. Inexpensive format and attractive portrayal of
an African-American family add to this book’s appeal.

Crary, Elizabeth
Children’s Problem-Solving Series: I Want It; I Want to Play; Mommy, Don’t Go;
My Name Is not Dummy; I’m Lost; I Can’t Wait
Parenting Press, 2nd ed., 1996
This is an excellent series of interactive problem-solving books for children. Each
story describes a child in a common childhood situation and explores alternatives
and outcomes for each situation. The books model thinking before acting, choosing
among different options, and how one’s behavior affects others. Some readers may
be uncomfortable with the book Mommy Don’t Go because it does not include
mother staying home as an option. The series promotes discussion between parents
and children about problem-solving and helps children take responsibility for their
feelings and problems.

Crary, Elizabeth
Dealing with Feelings Series: I’m Mad; I’m Scared; I’m Proud; I’m Excited; I’m
Frustrated; I’m Furious
Each book presents a child whose strong feelings are causing a problem or dilemma.
The story then explores alternatives and outcomes for each situation. Especially
helpful for parents of children who get upset talking about their feelings or when
parent or child is at a loss when dealing with strong emotions. Reinforces loving
guidance, and promotes parent-child interaction.

Crozat, François
I Am a Little Kangaroo
Barron’s, 1997
This toddler-sized book tells about the birth and life of a baby kangaroo, and
includes nursing as a normal part of his daily life.
Delis-Abrams, Alexandra
*ABC Feelings Book*
Promotes discussion of feelings by associating each letter of the alphabet with a different emotion. Appropriate for children ages 3-8. (Reviewed in *New Beginnings*, Jan-Feb 1992.)

Deutschbein, Mary Joan
*Maggie's Weaning*
*La Leche League International*, 1999
(See LLLI Publications)

Engelhardt, Anne & Cheryl Sullivan
*Playful Learning*
*La Leche League International*, 1996
(See LLLI Publications)

Ehlert, Lois
*Eating the Alphabet*
*Harcourt*, 1989
Illustrated in Ehlert’s bright and appealing style, this book introduces the family to common and uncommon fruits and vegetables from A-Z.

Elsohn Ross, Michael
*Mama’s Milk*
*Tricycle Press*, 2007
This book is easy to read with a beautiful poetic rhythm. Children can relate to the pictures of nursing babies and learn tidbits of information about other mammals nursing their young.

Falwell, Cathryn
*P.J. and the Puppy*
*Clarion*, 1997
PJ and his new puppy learn about potties, papers, and staying dry. Colorful drawings, positive message, and simple text are on the child’s level.

Falwell, Cathryn
*We Have a Baby*
*Clarion*, 1999
Bright, clear drawings of positive family interactions and nursing baby make this an excellent book for the young child about to become a big brother or sister. (Reviewed in *New Beginnings*, May-Jun 1998.)
Frankel, Alona
*Once Upon a Potty*
Harper Collins, 1999
This story helps parents look upon potty training as a delightful new skill to teach their child, rather than as a necessary, yet unpleasant task.

Frasier, Debra
*On the Day You Were Born*
Harcourt Brace, 1991
This book celebrates a baby's birth as the world around him rejoices. Colorful collages present the many natural rhythms and cycles that connect the developing baby to the other inhabitants and physical processes in the world. An appendix explains the science behind these natural wonders.

Girard, Linda
*We Adopted You, Benjamin Koo*
Albert Whitman, 1992
A loving, reassuring story of interracial adoption and how the family copes as the child grows and asks about his origins. Benjamin explains how he feels about being adopted and how exciting it is to welcome his new sister from Brazil.

Girard, Linda
*You Were Born on Your Very First Birthday*
Albert Whitman, 1992
Tells the story of an expectant mother waiting for the birth of her child. It explains the process of the baby growing inside the mother, the sounds and feelings the baby experiences, and the joy the family feels when the baby is born. (Reviewed in *New Beginnings*, Jul-Aug 1992.)

Harris, Robie
*Happy Birth Day*
Candlewick Press, 1996
This beautifully illustrated book tells a child about how he was born. It shows the loving interaction of both mother and father with the newborn. Mother is shown breastfeeding the baby. The overall message is how much this baby is loved. (Reviewed in *New Beginnings*, May-Jun 1998.)

Hines, Anna
*Big Like Me*
Greenwillow, 1989
A charming story of big brother introducing his new sibling to the delights of his first year. The baby is shown breastfeeding and riding in a soft baby carrier. (Reviewed in *New Beginnings*, May-Jun 1998.)
Hunt, Jan
*A Gift for Baby*
Natural Child Project, 2006
A baby shares how he wants to be treated by his parents—with lots of love, connection, and touch. No “baby gear” necessary. Attachment-parented children will see themselves in these pages, and delight in the last page where the “gift for baby” is finally revealed. The book’s simple question and reply format will soon be known by heart!

Knight, Margery Burns
*Welcoming Babies*
Tilbury House, 1998
Portrays family and community traditions for celebrating the arrival of a baby. Colorful, multicultural illustrations. Of the two illustrations related to infant feeding, one shows a mother nursing her baby, and the other shows a father holding his baby with a diaper bag and bottle nearby. (Reviewed in *New Beginnings*, May-Jun 1998.)

Krauss, Ruth
*You’re Just What I Need*
Harper Collins, 1999
The strength of the mother-child bond is reinforced in this account of a delightful game of hide-and-seek. The soft, life-like illustrations add to the coziness of the text.

Manning, Mick
*Supermom!*
Albert Whitman, 2001
This book talks about many ways human and animal mothers care for their babies. The emphasis is on gentleness and holding, and it ends with the sentiment that "all moms are Supermoms!" Includes an index about how animal mothers care for their babies to provide details for curious toddlers and preschoolers. Ages 2-5.

Martin, Chia
*We Like to Nurse*
Hohm, 1994
Large, bright pictures and short, simple sentences present breastfeeding as a natural part of life for many different kinds of animals—and human “animals,” too. (Reviewed in *New Beginnings*, May-Jun 1998.)

Marzollo, Jean
*Mama, Mama*
Harper Festival, 1999
A beautifully illustrated board book that is perfect to read to the very youngest nursling.
Marzollo, Jean
*Papa, Papa*
Harper, 2000
While breastfeeding does not appear in this board book, the illustrations and text repeatedly reinforce the importance of the father to a child’s attachment and sense of self. Few children’s books emphasize the father’s role in child rearing. Here, fathers teach baby birds to sing and keep baby penguins warm, along with building new dams for baby beavers.

**Metropolitan Museum of Art**
*Lullabies*
MMA & Gulliver, 1997
This songbook presents lullabies from around the world paired with fine art reproductions from the collection of the Metropolitan Museum of Art in New York, USA. Includes musical arrangements for piano and guitar.

Michels-Gualtieri, Akaela
*I Was Born to Be a Sister*
Platypus Media, 2001
For the child in your life with a new baby sister or brother, this colorful picture book depicts the stages that an older sister goes through with a younger sibling: the new adventure stage, the tortured by a toddler stage, and finally, the friendship stage. Also includes a song with accompaniment just for sisters. Ages 3-7. (Reviewed in *New Beginnings*, Jan-Feb 2003.)

Michels, Dia
*If My Mom Were a Platypus: Animal Babies and Their Mothers*
Platypus Media, 2001
A fascinating introduction to the world of mammals. Learn about the birth and early stages of development of 14 different mammals, including the hooded seal, the pacific gray whale, the polar bear, and the human. Breastfeeding is simply a normal way of life for the creatures featured in this engaging, encyclopedic animal book. Ages 6-12.

Michels, Dia
*Look What I See! Where Can I Be? In the Neighborhood*
Platypus Media, 2001
This book follows a baby around town and captures the life of the family who practices attachment parenting as they shop, go to the doctor, and visit an aquarium. While the colorful pictures are ideal for babies, the guessing game of where the baby goes next will keep toddlers entertained as well.

Moen, Cecilia
*Breastmilk Makes My Tummy Yummy*
Midsummer Press, 1999
A child-sized view of the joys of breastfeeding!
Myers, Anne Marie  
*Mama Means Milk*  
Self-published, 2001  
A children’s book that shows babies nursing in a variety of situations and demonstrates that breastfeeding is about much more than food. This book is especially valuable for its focus on toddler nursing.

Newman, Colleen  
*Near Mama’s Heart*  
Trafford Publishing, 2006  
Beautiful photographs of breastfeeding babies and their families combined with gentle text demonstrate the importance of breastfeeding in this loving and sweet children’s book.

Overend, Jenni  
*Welcome With Love*  
Kane Miller, 1999  
First published in Australia, *Welcome with Love* is a warm look at homebirth from big brother Jack’s perspective. The family and midwife are very much involved as the mother does the hard work of giving birth to a baby boy. The book ends with a lovely illustration of the whole family tucked up together for the night. Each stage of labor and delivery is shown with graphic, but not frightening illustrations and explanations. May be too explicit for some tastes.

Palmer, Pat  
Impact, 1994  
*I Wish I Could Hold Your Hand* explores a child’s experience of grief in a variety of circumstances, such as a friend or family member moving away or the death of a pet or relative. By validating children’s feelings, Dr. Palmer encourages a compassionate discussion between children and adults on this difficult subject.

Pinczuk, Jane  
*Michele the Nursing Toddler: A Story of Growing Up*  
(See LLLI Publications)

Prytherch, Sandra  
*Food from Mommy*  
Self-published, 2001  
Precious story of a little girl’s development from birth to weaning, describing the gradual progression from exclusive breastfeeding to first foods and on to a gradual weaning. A tale of weaning from a child’s perspective.
Purnell-O’Neal, Mishawn
The Wonders of Mother’s Milk
Self-Published, 2005
The Wonders of Mother’s Milk is a multicultural information book for the five and older age group that presents a positive view of breastmilk and breastfeeding. Children will love the illustrations of families going about their days with mother nursing close by.

Rotner, Shelley & Sheila Kelly
About Twins
DK, 1999
Brilliant, striking photographs and easy-to-understand text celebrate the many feelings that twins and their siblings have about themselves and others. It is affirming to twins and informing to those who love them.

Salt, JS, ed.
Always Kiss Me Goodnight: Instructions for Raising Perfect Parents
Three Rivers Press, 1997
Parenting wisdom from 147 children who offer drawings and their own words in response to the question, "If I could tell my parents how to raise me, I’d tell them..." Candid, warm, and inspiring.

Schlein, Miriam
The Way Mothers Are
Albert Whitman, 2000
This storybook tells the tale of a little kitten who explains why his mother always loves him, even if he’s naughty and especially when he’s nice. (Reviewed in New Beginnings, Jul-Aug 1992.)

Scott, Ann
On Mother’s Lap
Houghton Mifflin, 1992
The illustrations of an Eskimo family combined with a gently repetitive text will reassure preschoolers that “there is always room on Mother’s lap,” even if the lap must be shared with a new sibling. (Reviewed in New Beginnings, Mar-Apr 1986.)

Sears, William, Martha Sears & Christie Kelly
Baby on the Way
Little, Brown and Company, 2001
A delightful children’s book that helps siblings anticipate the arrival of a new baby. This book explains why mommy is acting so funny while pregnant and provides answers to questions such as “How does baby get out of mommy?” and “Why is baby wrinkly?” (Reviewed in New Beginnings, Jan-Feb 2003.)
Sears, William, Martha Sears & Christie Kelley  
*Eat Healthy, Feel Great*  
*Little, Brown and Company, 2002*  
Parent resource, teaching tool, and picture book for 5-9 year olds gives children the nutrition information they need to choose a healthful diet. Simple recipes are included as well as illustrations featuring red-, yellow- and green-light foods and a happy, warm attachment-parenting family.

Sears, William, Martha Sears & Christie Kelley  
*You Can Go to the Potty*  
*Little, Brown and Company, 2002*  
Outstanding picture book and parent resource deals with toilet learning in a developmentally appropriate way, featuring handy "answers for the very curious". Charming illustrations reflect attachment parenting.

Skrypuch, Marsha  
*The Best Gifts*  
*Fitzhenry & Whiteside, 1999*  
A beautiful book featuring glowing watercolor images of nursing. Born in to a loving family, Sara grows up before our eyes and passes the priceless gift of breastfeeding on to her own child. American, Canadian and Internet breastfeeding resources are included. (Reviewed in *New Beginnings*, Jan-Feb 2000.)

Towle-Morgan, Stacy  
*The Cuddlers*  
*La Leche League International, 1993*  
(See LLLI Publications)

Voetberg, Julie  
*I Am a Homeschooler*  
*Albert Whitman, 1995*  
The narrator of this story is a nine-year-old homeschooler. Beautiful hand-tinted photos add to a charming, informative text about a loving family going about its day. This day-in-the-life approach supports the experience of a homeschooled child and also answers many questions children or parents might have about a homeschooling way of life.

WABA  
*Breastfeeding: Nature's Way*  
*WABA, 1999*  
A powerful 12 page comic book for children nine and up that features two children discussing the importance of breastfeeding and its environmental impact. One of a kind!
Williams, Vera  
“More, More, More,” Said the Baby  
Greenwillow, 1990  
This simple, warmhearted book for toddlers captures the love and playfulness between the children and their adult playmates.

Wolff, Ashley  
Only the Cat Saw  
Walker, 1996  
A beautifully illustrated story about a cat who sees the sunset, the sunrise, the rain, and the mother breastfeeding the baby while everyone in the family is busy doing other things. (Reviewed in New Beginnings, May-Jun 1998.)

Yagyu, Genichiro  
Breasts  
Kane Miller, 1999  
Humorous and informative book for children about breasts. We learn how breasts are formed, how they make milk and why breast milk is so wonderful for babies. May be too explicit for some tastes.

Young, Faye  
Gerald the Third  
La Leche League International, 1997  
(See LLLI Publications)
An excellent resource, which guides the reader from a refined diet of processed foods to a healthful and tasty whole foods diet. Gradual ways of making the transition are discussed in short chapters on each food group. This book is packed with tips, ideas, and recipes and informs the reader about current food concerns and ways to make the best nutritional choices for our families. Never overwhelming, this is a unique and essential guidebook for your kitchen.

Behan, Eileen
Eat Well, Lose Weight While Breastfeeding
Villard, 1992
Explains the weight loss process in realistic terms and answers important questions breastfeeding mothers may have regarding the nutrition of their babies. Includes information on breastfeeding, dieting, exercise, realistic goal setting, recipes, and more. LLL does not recommend the use of diet soft drinks. (Reviewed in New Beginnings, Sep-Oct 1995.)

Buck-Murray, Marian
The Mash and Smash Cookbook
Wiley, 1997
A cookbook for kids who want to have fun while creating great-tasting, healthful foods. The instructions include mashing and smashing ingredients, jumping up and down to mix things together, and other fun and ingenious ways that kids can cook on their own, without using sharp or dangerous tools. Each is marked with 1, 2, or 3 hands to indicate how much adult help might be needed. Age range: 6-9 years. (Reviewed in New Beginnings, Nov-Dec 2002.)

Carper, Jean
Food: Your Miracle Medicine
HarperCollins, 1998
A comprehensive reference book which cites more than 10,000 scientific studies to point out the importance of good nutrition in fighting common illnesses and in contributing to good health.

Ehlert, Lois
Eating the Alphabet
Harcourt, 1989
(See Children’s Books, page 23.)
Ely, Leanne
*Saving Dinner*
Ballantine Books, 2003
Dinner is saved! This book takes the stress out of meal-planning and gets families back to the meal table. Packed with practical tips for healthy meal preparation, *Saving Dinner* is divided by seasons with each section featuring eight weeks of menus with corresponding grocery lists, organized by product. This book is a must for busy families wanting simple, healthy meals for each night of the week.

Fuhrmann, Joel
*Disease-Proof Your Child: Feeding Kids Right*
St. Martin’s Press, 2005
This book discusses the amazing power that food choices have on childhood health, and how these choices will influence health into adulthood. Breastfeeding is seen as essential. Dr. Fuhrmann includes many recipes to help parents incorporate more nutrition-packed foods in their children’s diet. The advocacy of a nearly vegan diet reflects the author’s opinion, not LLL philosophy.

Goldbeck, Nikki & David Goldbeck
*Good Breakfast Book*
Features over 450 whole food/vegetarian recipes that help make breakfast fun and healthful. Includes sections on work and school day breakfasts, brunches, kids’ favorites, baked goods, and cereals.

Gonzalez, Carlos
*My Child Won’t Eat!*
La Leche League International, 2005
(See LLLI Publications, page 3.)

Gould, Pamela, Eleanor P. Taylor with Dr. Katherine Cason
*Feeding the Kids: The Flexible, No-Battles, Healthy Eating System for the Whole Family*
Mancala Publishing, 2007
This guide is for parents who want to prepare healthy foods that their children will like! The authors give plans for improving your family’s diet by adding healthier foods without giving up family favorites. Appropriate portion sizes, handling picky eaters, and more are also addressed. Includes recipes that will make mealtimes stress free.

Halonen, Virginia
*Whole Foods from the Whole World Cookbook*
La Leche League International, 1993
(See LLLI Publications)
Jacobson, Hillary  
_Motherfood: Food and Herbs that Promote Milk Production and a Mother’s Health_  
_Motherfood Book Series, 2007_  
_Motherfood_ is a well-researched book that focuses on foods and herbs that support lactation. From the ayurvedic wisdom of India to the practices of traditional Chinese medicine to the Iowa Women’s Health Study about coffee, tea, and caffeine consumption, Ms. Jacobson has examined foods and their effects, especially on lactation. Her years of personal research sparked by her personal efforts to bolster her own faltering milk supply can benefit all breastfeeding mothers.

Johnson, Roberta  
_Whole Foods for the Whole Family_  
(See LLLI Publications)

Kenda, Margaret  
_Whole Foods for Babies and Toddlers_  
_La Leche League International, 2001_  
(See LLLI Publications)

La Leche League International  
_Whole Foods for Kids to Cook_  
_La Leche League International, 1995_  
(See LLLI Publications)

Lair, Cynthia  
_Feeding the Whole Family: Whole Food Recipes for Babies, Young Children and Their Parents_  
A refreshing cookbook that explains the power a mother holds as she strolls down the grocery aisle to buy food that will vitalize her family’s minds, bodies, and spirits. The author enthusiastically endorses human milk for baby’s best start in life, and offers nutritious, almost entirely meatless recipes, with variations for adapting each recipe for babies and children. Helpful guide to “Identifying, Shopping and Storing Whole Foods” gives information on some of the book’s many exotic ingredients, from agar to udon noodles, including mail order sources.

Lea, Ruth  
_The Everyday Wholefood Cookbook_  
_Grub Street (in association with LLLGB), 1997_  
Published by La Leche League Great Britain, this cookbook contains a range of healthy recipes for the family, information on first foods for babies, suggestions on what healthy wholefood store cupboard should contain, and general guidelines for healthy eating. Each recipe gives serving suggestions and nutritional guidelines, and is set out in a clear, user-friendly style.
Pitman, Teresa
*The Overweight Child*
Firefly, 2000
This book is an excellent resource for parents of larger-than-average children. Parents are encouraged to focus on improving fitness and self-esteem rather than solely on weight. The authors examine many causes of weight gain, and offer advice on coping with teasing and healthful eating using a whole-foods diet.

Sears, Martha & William Sears
*Healthiest Kid in the Neighborhood*
Little, Brown and Company, 2006
In this book, the Searses offer an eating plan that has been effective for countless people. They define eating habits that can counter or prevent many illnesses and provide tips for all stages, from picky eaters to junk food cravings. Recipes included!

Sears, William & Martha Sears
*The Family Nutrition Book*
Little, Brown and Company, 1999
An informative book about nutrition that covers much more than preparing and eating healthful foods. It also addresses breastfeeding, starting solids, feeding your immune system, and the anti-cancer diet. A thorough reference that answers nutrition questions clearly and includes many "just fun" ideas that every family can use.

Sears, William, Martha Sears & Christie Kelley
*Eat Healthy, Feel Great*
Little, Brown and Company, 2002
(See Children’s Books)

Sears, William, Peter Sears, & Sean Foy
*Dr. Sears’ LEAN Kids: Lifestyle, Exercise, Attitude, Nutrition*
New American Library, 2003
A positive and practical guide to promoting good family nutrition and fitness, especially targeted to parents of children between the ages of six and 12. The LEAN program addresses Lifestyle, Exercise, Attitude and Nutrition, and teaches the reader how and why to make healthy, wise lifestyle choices, exercise for 30-60 minutes a day regularly, speak positively to oneself and others, and make nutritious choices.

Shannon, Marilyn
*Fertility, Cycles, and Nutrition*
Couple to Couple League, 3rd ed., 2001
Intriguing and accessible book that explores the question: "Can what you eat affect your menstrual cycles and your fertility?" Shannon fully supports breastfeeding and a whole-foods diet. Readers should heed Shannon’s frequent recommendations to
consult a nutritional counselor if considering supplements for health problems. Some doses discussed far exceed the RDA for pregnant and lactating women, especially for Vitamins A, B complex, C and E. Shannon’s religious beliefs and interest in Natural Family Planning are reflected throughout the text.

Swinney, Bridget
*Eating Expectantly*
Covers every facet of good nutrition, from pre-pregnancy through postpartum. Offers meal ideas for each trimester, including shopping lists and cooking tips and also discusses nutrition during high-risk pregnancies, nutrition for breastfeeding women, and how to lose weight after the baby arrives. Families with food sensitivities should note that many recipes include dairy products. Although this book clearly promotes breastfeeding, regrettably there is a brief section titled, "Tips for Formula Feeding."

Warner, Penny
*Healthy Snacks for Kids*
Bristol, rev. ed., 1999
This edition of Penny Warner’s guide to helping children develop healthy eating habits gives a nutritional analysis of each recipe and tells how each fits into the “food pyramid.” Recipes are high in nutrition, easy to prepare, low in sugar and salt, and fun to eat. (Earlier edition reviewed in *New Beginnings* Jan-Feb 1989.)

Watson, Susan
*Sugar-Free Toddlers*
Williamson, 1991
Getting toddlers to eat good foods can sometimes be challenging, but this book can help make it easier. More than 100 recipes for fun, tasty foods are included along with a nutritional reference section that gives information on many store-bought products.

World Health Organization
*Complementary Feeding*
WHO, 2000
A practical guide from the World Health Organization for working with families of breastfed babies, particularly in developing countries. It describes the gradual introduction of solid foods, emphasizing the use of local food sources. Reflects older WHO recommendation of starting solids at 4 to 6 months and WHO’s recommended weaning age of two years.
SPECIAL SITUATIONS AND FAMILY HEALTH

Brock, Steven, Kenneth Brock & Nancy Bruning
Natural Relief for Your Child’s Asthma
Harper Perennial, 1999
A compendium of complementary medicine available to curb asthma in children, which supplements conventional approaches with exciting natural remedies. Useful forms and lists assist the parent/child team in assessing the complete health picture and devising a plan of action. Reading lists, support group contacts, and natural remedy suppliers are provided in the back of the book.

Charpak, Nathalie
Kangaroo Babies
Souvenir Press, 2007
The book provides a detailed description on how and when the Kangaroo technique is implemented and how it helps make a difference for both parents and infants.

Clarke, Adrienne
Living Organic
Sourcebooks, 2001
Living Organic is the ultimate handbook for those wanting to learn more about living naturally, avoiding toxins and moving towards a healthier lifestyle. In harmony with the choice to breastfeed, this book offers practical advice, helpful hints, and additional resources for living a modern life without the addition of unnecessary chemicals.

Coloroso, Barbara
The Bully, the Bullied, and the Bystander
HarperCollins, 2003
A must-read for all parents concerned about their child’s emotional and physical well-being. Barbara Coloroso gives the reader a clear understanding of the underlying dynamics between the bully, the bullied and the bystander. Learn how to identify bullying in its myriad forms which will enable the parent to intervene without delay. Divided into two clear sections, Part One examines the problem, whilst Part Two addresses breaking the cycle of violence and creating a caring home, school and community where all children feel loved and safe. (Reviewed in New Beginnings, Sep-Oct 2005.)

Coloroso, Barbara
Parenting Through Crisis: Helping Kids in Times of Loss, Grief and Change
HarperCollins, 2001
Coloroso helps parents handle family crises, such as illness of a parent or child, death of a parent or sibling, divorce, remarriage, single parenting, and adoption. She stresses that in all cases, children need attention, affection, and a sense of optimism to weather the crisis. The book provides constructive ideas for dealing with each
situation according to a child’s age and stage of development. Children with disabilities are also addressed respectfully. This book will make any reader more appreciative of the resiliency and strength of the human spirit.

**Cummings, Stephen & Dana Ullman**  
*Everybody’s Guide to Homeopathic Medicines*  
Tarcher/ Putnam, 3rd ed., 1997  
An excellent, comprehensive reference to homeopathy, one of the fastest-growing alternative approaches to health and healing. Clear and easy to read, practical. Covers minor illnesses and injuries and helps parents broaden their home care skills. Information is also given on how to recognize a situation that requires professional help. Includes an annotated bibliography.

**Davis, Deborah**  
*Empty Cradle, Broken Heart*  
Fulcrum, 1996  
Helps parents to deal with the loss of their baby through miscarriage, stillbirth, or infant death, and guides them along the path to emotional recovery.

**de Becker, Gavin**  
*Protecting the Gift: Keeping Children and Teenagers Safe (and Parents Sane)*  
Dell, 1999  
In this empowering book, deBecker assists parents in the important task of keeping their children safe by providing them with up-to-date information on children and safety. Throwing aside common myths about danger, deBecker gives parents peace of mind. The book covers topics such as: choosing a child-care professional, safety at school, spotting sexual predators, and what teenagers need to know in order to be safe. (Reviewed in *Leaven*, Dec 2004-Jan 2005.)

**Faldet, Rachel & Karen Fitton, eds.**  
*Our Stories of Miscarriage: Healing with Words*  
Fairview Press, 1997  
A compilation of essays, poems, and journal entries by men and women who have lost a child through miscarriage. A touching, beautiful book about loss and healing, longing and fulfillment. The stories bring comfort to others who mourn their lost babies. (Reviewed in *New Beginnings*, Mar-Apr, 1998.)

**Gordon, Sol**  
*One Miracle at a Time: Getting Help for a Child with a Disability*  
Simon & Shuster, 1993  
This practical resource for parents of children with disabilities offers encouragement, comfort, and many other types of support. Includes the pros and cons of “mainstreaming” children into regular educational settings, as well as advice from parents about how to handle the emotional, bureaucratic, and other challenges of raising a child with special needs.
Gotsch, Gwen
*Breastfeeding Your Premature Baby*
(See LLLI Publications)

Gromada, Karen
*Mothering Multiples: Breastfeeding and Caring for Twins or More!*
(See LLLI Publications)

Hart, Charles
*A Parent’s Guide to Autism*
Simon & Schuster, 1993
In question and answer format, this book offers clear and reassuring advice to the parent of a child who is autistic. Chapters address possible causes of autism, symptoms, treatment, and education options. (Reviewed in *New Beginnings*, Jul-Aug 1994.)

Hormann, Elizabeth
*Breastfeeding an Adopted baby and Relactation*
Did you know that induced lactation and relactation are possible? Author Elizabeth Hormann explains how in this book. Some of the topics discussed include: preparation for adoptive breastfeeding; substances that stimulate milk production; beginning breastfeeding with an adoptive baby; and sources of support for adoptive parents. Ideal for mothers who wish to breastfeed an adopted baby or relactate as well as for health professionals.

Lang, Sandra
*Breastfeeding Special Care Babies*
Bailliere Tindall, rev. ed., 2002
A complete guide to life with a baby who needs special care in the hospital. It begins with a discussion of why breast milk is so important for these babies and covers what both mothers and babies experience during the hospital stay, including solutions to many common problems. It is well-indexed and very helpful to anyone supporting a mother and her child in a special care situation. (Reviewed in *Leaven*, Oct-Nov 2000.)

Lee, John
*What Your Doctor May Not Tell You About Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty*
Warner, 1999
A guide to treating many concerns of women in their 30s and 40s in a more natural fashion than is practiced by many doctors. This book presents information about how the hormones in our bodies work and how they can become unbalanced due to dietary and environmental influences.
Luddington-Hoe, Susan
*Kangaroo Care: The Best You Can Do to Help Your Preterm Infant*
Bantam, 1993
Explains the benefits of “kangaroo care,” a method of caring for premature infants that encourages parents to hold the baby. This method has both psychological and emotional benefits for preemies including a more stable heart rate, more regular breathing, longer periods of sleep, and bonding. (Reviewed in *New Beginnings*, May-Jun 1994.)

Naseef, Robert
*Special Children, Challenged Parents*
Carol Publishing Group, 1997
The author, a psychologist and father of a child with autism, helps parents come to terms with their feelings about their special needs children. The need for nurturing and loving guidance for these children is explained and emphasized. The joys and frustrations of life with a disabled child are candidly portrayed. Includes a full list of resources and a bibliography.

Nelsen, Jane, Cheryl Erwin & Carol Delzer
*Positive Discipline for Single Parents*
An encouraging parenting guide for single parents. Suggests positive, loving guidance techniques and also addresses issues unique to the single parent family, such as balancing needs, priorities and time, dealing with the noncustodial parent so that everyone benefits and handling new romantic relationships.

Noble, Elizabeth
*Having Twins*
This updated edition is a must read for those expecting multiples who want a good birth experience and healthy breastfed babies. Packed with information on genetics, prenatal care, delivery and life with twins, this book includes information not commonly found in mainstream or medical books, including alternative medicines. (First edition reviewed in *Leaven*, Nov-Dec 1982.)

Northrup, Christiane
*Women’s Bodies, Women’s Wisdom*
Dr. Northrup shares her personal and professional insights into female well-being, drawing on diverse spiritual and psychological perspectives as well as her own medical training and experience. Northrup’s overall goal is empowerment and healing, and her book supports LLL philosophy concerning breastfeeding, natural childbirth and good nutrition. (Revised edition reviewed in *Leaven*, Aug-Sep 2001.)
Old, Wendie
*Stacy Had a Little Sister*
Albert Whitman, 1995
Through the eyes of the big sister, Stacy, this book tells the story of a family dealing with Sudden Infant Death Syndrome. The book addresses the ambivalence Stacy feels when the baby is born and the guilt and fear she experiences after the baby’s death. A sensitive resource for families in this difficult situation.

Palmer, Pat
Impact, 1994
Explores a child’s experience of grief in a variety of circumstances, such as a friend or family member moving away or the death of a pet or relative. By validating children’s feelings, Dr. Palmer encourages a compassionate discussion between children and adults on this difficult subject.

Peterson, Debra
*Breastfeeding the Adopted Baby*
Explains step-by-step the process of inducing lactation in a woman who has not given birth. Adoptive mother Debra Peterson offers these special mothers everything they need to enjoy the benefits breastfeeding holds for both mother and baby.

Rapp, Doris
*Is This Your Child? Discovering & Treating Unrecognized Allergies*
Harper, 1992
Allergies are often thought of as the culprit when dealing with children who are plagued with chronic sinus infections or upper respiratory congestion. Could the aggressive behaviors, hyperactivity, fatigue, or headaches your child is experiencing be caused by allergies? Dr. Rapp covers many topics in this comprehensive guide. Topics covered include the single and multiple food elimination diets and the rotary diet.

Schmidt, Michael A.
*Healing Childhood Ear Infections: Prevention, Home Care, and Alternative Treatment*
North Atlantic Books, 1996
Schmidt discusses the central role nutrition plays in the development and maintenance of a healthy immune system. The benefits of breastfeeding for the development of a healthy baby and the prevention of ear infections are clearly presented. Includes suggestions for improving the family’s diet and specific recommendations for the diet of the breastfeeding mother. Schmidt describes several approaches for home care for ear aches including allergy management, homeopathic medicine, spinal manipulation, and nutrition. References and resources included. (Reviewed in *Leaven*, Jun-Jul 1999.)
Sears, Robert W.
*The Vaccine Book: Making the Right Decision for Your Child*
Little, Brown, and Company, 2007
It’s common for parents to ponder the very popular questions, ‘Should I vaccinate my child? What are the pros? What are the cons?’ Considering all the types of vaccinations for your child and when to administer them is a lot to think about. Dr. Robert Sears has crafted a comprehensive guide for parents so this topic isn’t so overwhelming. In this open-minded and informative guide, you’ll find everything you need to know about each disease/vaccine pair. (Note: This book is written for a US audience.)

Sears, William
*SIDS: A Parent’s Guide to Understanding and Preventing Sudden Infant Death Syndrome*
Little, Brown and Company, 1995
A comprehensive review of research into Sudden Infant Death and startling information on its causes. Dr. Sears offers strategies to prevent or minimize the risk of SIDS.

Sears, William & Lynda Thompson
*The A.D.D. Book*
Little, Brown and Company, 1998
Sears and Thompson share loving guidance techniques that parents can use to help their child achieve success socially, at home and at school. The authors present breastfeeding and attachment parenting as ways to help a child be "smart from the start." The book offers strategies for improving behavior and treatment options, including a discussion of medications and nutrition. One chapter covers special education laws and another is devoted to helping the family celebrate the uniqueness of the A.D.D. child. (Reviewed in *Leaven*, Aug-Sep 1999.)

Sears, William, Robert Sears, James Sears, & Martha Sears
*The Premature Baby Book*
Little, Brown and Company, 2004
Detailed and optimistic, this book focuses on the various aspects of caring for a premature baby. The authors provide information on the unique features of premies, methods for dealing with common feelings experienced by parents, and tips for bonding with a newborn in the NICU. This book will help parents who struggle with complex medical decisions in the first weeks following their baby’s birth and will assist them in understanding possible developmental issues as their baby grows.
Tracy, Amy  
*The Pregnancy Bed Rest Book*  
Berkley, 2001  
A lifesaver for the woman on bed rest. Dozens of practical solutions to issues such as how to find help, nutrition, side effects of immobility, how to parent from bed, setting up your bed rest area, and coping with the feelings of all members of the family.

Ullman, Dana  
*The Consumer's Guide to Homeopathy*  
Tarcher, 1996  
A user-friendly guide to homeopathy, a 200 year-old internationally recognized approach to healing. Instead of suppressing symptoms, homeopathic remedies work with the immune system to help the body heal itself. This volume gives the history of homeopathy as well its place in modern medicine. Excellent overview chapters with specifics on a wide range of conditions for infants to the elderly. Includes resources and glossary.

Ullman, Dana  
*Homeopathic Medicine for Children & Infants*  
Penguin Putnam, 1992  
An excellent resource book for those interested in using homeopathic remedies to help heal their children at home. Written by a world-renowned homeopath, the book offers specific remedies for over 75 common ailments of children, including teething, poison ivy, colic and the common cold. Ailments and remedies are listed alphabetically.

Vogel, Gary  
*A Caregiver’s Handbook for Perinatal Loss*  
A Place to Remember, 1996  
The author, a psychotherapist, shares his professional and personal experience in this concise guide to the issues surrounding perinatal loss. Explains the roles of medical staff and clergy.

Walker, Marsha  
*Breastfeeding Your Premature or Special Care Baby: A Practical Guide for Nursing the Tiny Baby*  
Easy-to-read short guide for the parents of premature and special care babies. Includes excellent black and white photos as well as a detailed discussion of pumping and nursing supplementers. Very supportive of breastfeeding.

West, Diana  
*Defining Your Own Success: Breastfeeding after Breast Reduction Surgery*  
La Leche League International, 2001  
(See LLLI Publications)
Wootan, George & Sarah Verney
Take Charge of Your Child's Health: A Complete Guide to Recognizing Symptoms and Treating Minor Illnesses at Home
Crown Publishing Company, 1992
This book teaches parents how to watch for signs of a sick child and gives detailed instruction on how to treat a child when a doctor is not available. This is a wholistic approach to wellness, including chapters on the healthy family, breastfeeding, and communication and discipline.

World Health Organization
Kangaroo Mother Care
World Health Organization, 2003
Written with health caregivers in mind, Kangaroo Mother Care describes the kangaroo method for stable preterm or low-birthweight infants, as well as offering methods of implementing kangaroo care in hospitals.

Zand, Janet, Rachel Walton & Bob Rountree
Smart Medicine for a Healthier Child
Avery, rev. ed., 2003
A comprehensive, alphabetical guide to children’s health care with both conventional and alternative treatments. This reference book includes information on nutrition, herbs, homeopathy, acupressure, as well as standard medicine. LLL encourages readers to consult with their health care advisors to determine diagnoses and appropriate treatments for their own families.
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Akre, James
*The Problem with Breastfeeding*
Hale Publishing, 2006
Join author James Akre as he provides a fresh perspective on how ignorance, society, big business, culture, and the media create problems with breastfeeding.

Amin, Sarah
*Nurturing the Future: Our First Five Years*
WABA, 1996
This history of the WABA documents its founding and first five years of activities in service of the promotion and protection of breastfeeding. Photographs and text illustrate the recent history of the global breastfeeding movement, including the role of La Leche League International. (Reviewed in *Leaven*, Aug-Sep 1998.)

Auerbach, Kathleen
*Current Issues in Clinical Lactation 2002*
Jones & Bartlett, 2002
Providing new insights on lactation science, this publication explores current lactation issues: effects of a non-supportive culture, screening for alcohol consumption of a mother, and patients’ perceptions of providers’ views on breastfeeding.

Auerbach, Kathleen & Jan Riordan
*Clinical Lactation: A Visual Guide*
Jones & Bartlett, 2000
A compilation of color photographs which document breast and physiology, genetic anomalies and trauma due to disease, allergy, and mechanical damage of the breast. For the reader with a desire for advanced knowledge of breast anatomy. Also includes critical thinking activities. (Reviewed in *Leaven*, Apr-May 2000.)

Baumslag, Naomi & Dia Michels
*Milk, Money, & Madness*
Bergin & Garvey, 1995
The authors review the history, culture, biology and politics of breastfeeding, and distinguish fact from fiction. They argue for a woman’s right to breastfeed without interference and point out that breastfeeding is a focal point of infant health and a vital aspect of motherhood. This book explores the risks of choosing formula-feeding and will help mothers make an informed choice. (Reviewed in *Leaven*, Dec 1998-Jan 1999.)
Biancuzzo, Marie  
*Breastfeeding the Newborn: Clinical Strategies for Nurses*  
Mosby, 2003  
This book is intended for the health care provider with the necessary clinical strategies for helping a mother breastfeed. Scenarios discussed range from breastfeeding for healthy mothers and babies to providing human milk when mother and baby are separated. Practical tips for breastfeeding in the first month of life are also included in this revised edition along with detailed information on preterm infants.

Black, Rebecca, Leasa Jarman & Jan Simpson  
*Lactation Specialist Self-Study Series*  
Jones & Bartlett, 1998  
These four study modules can be used separately or as a set to review current standards of practice or to study for the certification exam. Each module covers a different topic relating to breastfeeding, making it easy to study by offering review questions at the beginning and end of each chapter.

Bolton, Robert  
*People Skills: How to Assert Yourself, Listen to Others and Resolve Conflicts*  
Simon & Schuster, 1986  
With descriptions of common communication barriers, guidelines for improved listening, methods for developing assertiveness, conflict management and collaborative problem solving, this is an excellent resource for anyone interested in enhancing their human relationships through improved communication skills. It is especially useful for Leaders providing mother-to-mother support and is used as a training reference by the LLLI Human Relations Enrichment Department/Communication Skills Department.

*Breastfeeding: Terms, Techniques, Problem Solving*  
Childbirth Graphics  
This simple, illustrated glossary is a guide to basic breastfeeding terms in seven different languages.

Briggs, Gerald, Roger Freeman & Sumner Yaffe  
*Drugs in Pregnancy and Lactation: a Reference to Fetal and Neonatal Risk*  
Williams & Wilkins, 6th ed., 2001  
The sixth edition of this complete resource on drugs and their effect on nursing infants reviews more than 100 types of drugs. This all-inclusive yet concise book is an invaluable resource for any health provider who counsels pregnant and nursing mothers. (Second edition reviewed in *Leaven* Nov-Dec 1989.)
**Buescher, E. Stephen & Susan W. Hatcher**  
*Breastfeeding and Diseases: A Reference Guide*  
Hale Publishing, 2008

In this book, the authors describe common diseases that mothers and babies may have, discuss how each disease is usually treated, explain how breastfeeding may help the disease, and provide a general summary about whether or not breastfeeding is recommended if the mother or child has the disease. If you counsel pregnant or breastfeeding moms, *Breastfeeding and Diseases* is the perfect addition to your resource library.

**Cadwell, Karin**  
*Reclaiming Breastfeeding for the United States: Protection, Promotion and Support*  
Jones & Bartlett, 2002

Provides an international policy perspective on the progress that has been made toward reclaiming breastfeeding as the cultural norm in the United States. Also discusses the steps to be completed while reengineering US health services to view breastfeeding as a key strategy in reducing costs and improving health. (Reviewed in *Leaven*, Feb-Mar 2003.)

**Cadwell, Karin, et al.**  
*Maternal and Infant Assessment for Breastfeeding and Human Lactation: A Guide for the Practitioner*  
Jones and Bartlett, 2006

Since breastfeeding integrates maternal and infant components, this book offers guidelines for assessing mother and child, both separately and together, in order to achieve an understanding of the physical and behavioral contributions to the breastfeeding relationship of the mother and infant.

**Cadwell, Karin, PhD, RN, IBCLC & Cindy Turner-Maffei, MA, IBCLC**  
*Breastfeeding A-Z: Terminology and Telephone Triage*  
Jones and Bartlett, 2006

This book is ideal for anyone working in women’s health and answering breastfeeding questions over the phone. Common topics, such as breast pain, engorgement, and milk supply are discussed and an encyclopedia of terms and medical terminology is included.

**Cadwell, Karin, PhD, RN, IBCLC & Cindy Turner-Maffei, MA, IBCLC**  
*Case Studies in Breastfeeding: Problem Solving Skills and Strategies*  
Jones and Bartlett, 2004

This book is a useful resource that combines logic, wisdom, and theory to provide a deeper understanding of how to meet the needs of the breastfeeding mother and baby. Includes detailed case studies that will increase the practitioner’s knowledge about managing all types of breastfeeding situations.
Cadwell, Karin, PhD, RN, IBCLC & Cindy Turner-Maffei, MA, IBCLC
*Pocket Guide for Lactation Management*
Jones and Bartlett, 2007
This compact reference is organized by topic and complete with charts, tables, illustrations, and references. The authors provide information on a variety of issues commonly encountered by professionals working with lactating and breastfeeding mothers, making it a handy resource in many counseling situations.

Coates, Mary-Margaret
*Lactation Consultant's Topical Review & Review & Bibliography*
La Leche League International, 1990
Forty-five chapters outline a wide range of information for breastfeeding counselors and health professionals. Chapters include the biochemistry of human milk, the management of early lactation to contraception, drugs, toxins, and much more. Subheading, cross-referencing, and an index make it easy to identify citations.

Francis, Solveig, et. al
*The Milk of Human Kindness*
Crossroads, 2002
Breastfeeding is on the rise worldwide, but the International Code of Marketing of Breast Milk substitutes is undermined and ignored throughout the world. How are corporations sabotaging breastfeeding and what can be done to stop them? How is the AIDS epidemic being used to undermine breastfeeding? This book is a wake-up call that will change your perception of breastfeeding on an international level.

Hale, Thomas
*Medications and Mother's Milk 2008:*
Pharmasoft, 13th ed., 2008
This must-have comprehensive reference details the impact of currently used medications on breastfeeding mothers and infants. Written by renowned clinical pharmacologist, Dr. Thomas W. Hale, this thousand plus page book is packed with information on more than 868 drugs, vaccines, vitamins, viral syndromes, and other substances. New in this edition are: over 127 new drugs; an appendix covering birth control medications; and an appendix covering radiocontrast agents. This book is appropriate for Leader reference, not Group Libraries. (See guidelines in the review of the sixth edition in Leaven, Feb-Mar 1998; and in the review of the ninth edition in Leaven Apr-May 2001).

Hale, Thomas & Ghia McAfee
*A Medication Guide for Breastfeeding Moms*
Pharmasoft, 2005
This resource offers basic information that mothers can understand. Using the latest research to rate the safety of each drug, the authors provide easy-to-understand explanations of how drugs enter human milk and possible side effects. Common herbs for breastfeeding mothers, recreational drugs, and some medical conditions are also discussed.
Hansen, Lars
*Immunobiology of Human Milk: How Breastfeeding Protects Infants*
Pharmasoft Publishing, 2004
In this unique resource, the biology of the immune components in human milk and how they protect the breastfed infant is explained. The author, a renowned researcher in this field for almost 50 years, addresses bacterial colonization of the newborn, protection against disease that is provided by breastfeeding, infectious agents in human milk and their impact on breastfeeding, and much more. (Reviewed in Leaven, Aug-Sep 2005.)

Hausman, Bernice
*Mother’s Milk: Breastfeeding Controversies in American Culture*
Routledge, 2003
An academic study, *Mother’s Milk* explores the negative portrayal of breastfeeding in the US and the way that breastfeeding is promoted. Critical and thought-provoking, this book is for anyone interested in cultural studies, feminism and advocacy. Written by a breastfeeding mother, this book engages a balanced discussion on La Leche League, and notes the fundamental importance of advocates and feminists alike of striving to ensure that breastfeeding is the norm and the right of all mothers regardless of race and class. (Reviewed in Leaven, Feb-Mar 2005.)

Henschel Dora & Sally Inch
*Breastfeeding: A Guide for Midwives*
Butterworth-Heinemann, 1995
Suitable for all healthcare professionals who support women immediately after birth, this British book advocates for building the mother’s self-esteem as a way of empowering her to breastfeed. It challenges many aspects of standard hospital practice which can interfere with breastfeeding, and promotes a more baby-friendly model of care. Written in short, easy to read sections. Readers should consult LLLI publications for the most up-to-date information on breastfeeding and breast anatomy.

Humphrey, Sheila
*The Nursing Mother’s Herbal*
Fairview Press, 2003
(See Breastfeeding)

Institute of Medicine
*Nutrition During Lactation*
National Academy Press, 1991
Provides a detailed review of the effects of breastfeeding on a mother’s health, and of her nutrition on the quality and quantity of her milk. Includes information on the possible risk of transferring diseases, toxins, and viruses via breastfeeding, and discusses the effects of cigarette and drug use. Also includes references and abstracted studies on breastfeeding.
Institute of Medicine
*Nutrition During Pregnancy and Lactation: An Implementation Guide*
National Academy Press, 1992
An easy-to-use tool for those who care for women in the preconception, prenatal, or postpartum periods. Includes weight gain charts, a body mass index, and clinical care outlines.

Johnson, Claudia Rachel
*Moms Babies and Breastfeeding*
1st Books, 2004
Adapted from the author’s doctoral dissertation, this book examines why some women continue to breastfeed despite facing various problems. Based on a qualitative study of resiliency in low-income breastfeeding mothers, this book features fourteen narratives that show the problems faced by the mothers, the support they received and why they persevered. The book highlights the importance of motivation and effective support, rather than providing any practical solutions and will be of interest to anyone supporting breastfeeding mothers.

Kendall-Tackett, Kathleen
*Clinics in Human Lactation: Non-Pharmacologic Treatments for Depression in New Mothers*
Hale Publishing, 2008
In this book, the author describes various non-drug treatment, modalities being used to treat depression. In most cases, the non-drug treatments are as effective as medication with far fewer side effects. Dr. Kendall-Tackett summarizes current research and provides an evidence base for each treatment modality and how it impacts breastfeeding.

Kendall-Tackett, Kathleen
*Depression in New Mothers: Causes, Consequences, and Treatment*
Hayworth, 2005
This book is the updated edition of Kathleen Kendall-Tackett’s 1993 classic, Postpartum Depression. It provides a comprehensive approach to treating depression in the new mother in ways that are compatible with breastfeeding. A must read for every breastfeeding professional.

Kroeger, Mary, Linda J Smith
*Impact of Birthing Practices on Breastfeeding: Protecting the Mother and Baby Continuum*
Jones and Bartlett, 2004
This book examines the bond between human mothers and their newborns from the perspective of labor, birth, and breastfeeding. Ideal for all those who help breastfeeding mothers, the authors discuss labor interventions and how they affect mothers and newborns, and stress the importance of keeping childbirth as natural
as possible so that mothers and newborns are ready to optimally breastfeed. (Reviewed in *Leaven*, Jun-Jul 2005.)

**La Leche League International**
*Leader's Handbook*
(See LLLI Publications)

**Lang, Sandra**
*Breastfeeding Special Care Babies*
**Balliere Tindall, rev. ed., 2002**
A complete guide to life with a baby who needs special care in the hospital. It begins with a discussion of why breast milk is so important for these babies and covers what both mothers and babies experience during the hospital stay, including solutions to many common problems. It is well-indexed and very helpful to anyone supporting a mother and her child in a special care situation. (First edition reviewed in *Leaven*, Oct-Nov 2000.)

**Lauwers, Judith**
*Quick Reference for the Lactation Professional*
**Jones & Bartlett, 2008**
This reference guide provides the lactation professional rapid access to critical information when working with breastfeeding mothers. Each chapter includes: learning objectives, clinical guidelines, and questions to ask the mother.

**Lauwers, Judith & Anna Swisher**
*Counseling the Nursing Mother: A Lactation Consultant’s Guide*
**Jones & Bartlett, 4th ed., 2005**
Guides breastfeeding counselors in helping mothers identify and resolve their problems. Chapters discuss family adjustments, infant development, breastfeeding problems, and more.

**Lawrence, Ruth & Robert Lawrence**
*Breastfeeding: A Guide for the Medical Profession*
**Mosby, 6th ed., 2005**
This reference book includes research findings related to the 1991 Baby Friendly Hospital Initiative of WHO and UNICEF, information on mother/baby bonding, as well as management techniques for handing breastfeeding in adverse conditions, advances in biochemical, nutritional, and immunologic aspects of human lactation, up-to-date information on drugs in human milk, and more. It remains one of the most comprehensive breastfeeding resources available.
Leu, Lucy
_Nonviolent Communication: A Companion Workbook_
Puddledancer Press, 2003
Ms. Leu is a certified instructor with Marshall Rosenberg’s Center for Nonviolent Communication. This workbook is a practical counterpart to Rosenberg’s Nonviolent Communication: A Language of Life and will benefit professionals and parents who wish to incorporate NVC into their daily lives.

Maher, Susan
_Overview of Solutions to Breastfeeding & Sucking Problems_
La Leche League International, 1994
This small but comprehensive guide includes references and outlines the steps needed to assess and solve the more challenging cases of nipple soreness, breast problems, and ineffective suck. Detailed reference bibliography and user-friendly index provided. (Reviewed in _Leaven_, Sep-Oct 1988.)

Merewood, Anne & Barbara Phillip
_Breastfeeding Conditions and Diseases_
Pharmasoft, 2001
Addresses issues surrounding breastfeeding in medically complicated situations. Also includes suggestions on how to help breastfeeding mothers in difficult situations, fully referenced data, up-to-date research on human milk and breastfeeding, and background information on medical conditions.

Michels, Dia, ed.
_Breastfeeding Annual International 2001_
Platypus Media, 2001
Explores breastfeeding and its implications for healthy children and families at all income levels with discussions from many experts. Breastfeeding issues include the critical first few days of breastfeeding, sexuality, breast cancer, HIV and other infections, and the promotion of breastfeeding in a bottle-feeding culture.

Michels, Dia, Cynthia Good Mojab & Naomi Bromberg Bar-Yam
_Breastfeeding at a Glance_
Platypus Media, 2001
Helpful booklet addresses a variety of topics including the differences between nursing and artificial feeding, breastfeeding rates, legal issues, and myths and facts about breastfeeding. (Reviewed in _Leaven_, Oct-Nov 2002.)

Minchin, Maureen
_Breastfeeding Matters: What We Need to Know About Infant Feeding_
Combines political commentary with breastfeeding management to present research-based information on a full range of problems. An excellent section on the history and politics of infant feeding, including up-to-date information about the
BFHI. A useful book for health professionals and all those interested in helping mothers to breastfeed.

Mohrbacher, Nancy & Julie Stock  
*The Breastfeeding Answer Book*  
(See LLLI Publications)

Mohrbacher, Nancy & Julie Stock  
*The Breastfeeding Answer Book Pocket Guide*  
La Leche League International, 2005  
(See LLLI Publications)

Newman, Jack & Teresa Pitman  
*The Latch and Other Keys to Breastfeeding Success*  
Hale Publishing, 2006  
Those who work in the field of human lactation see a variety of situations that may impede the breastfeeding relationship. The authors of this professional resource have assisted thousands of moms with breastfeeding issues. The techniques they present have worked consistently over the years—sometimes with dramatic results. Protocols, assessment guides, and a variety of pictures are included along with extensive references to help all health professionals as they work with the breastfeeding dyad.

Nice, Frank J.  
*Nonprescription Drugs for the Breastfeeding Mother*  
Hale Publishing, 2007  
This reference will help breastfeeding moms make safe decisions regarding the use of common nonprescription medications. Complete, easy-to-read descriptions of more than 1400 medications and their relative risk to a breastfeeding mother make this a must for all breastfeeding mothers and the healthcare providers who work with them.

Odent, Michel  
*The Caesarean*  
FAB, 2004  
*The Caesarean* examines the physiological aspects of cesarean birth and the impact on human behavior, including lactation. This book offers a very detailed overview of the cesarean birth, including cesareans in history and mythology, the differences between in-labor, elective and emergency cesareans, when a c-section is absolutely necessary and ways in which the rate of cesarean deliveries can be reduced. In particular, Odent poses many questions on the implications for society and humanity as a whole if we continue to increase the rate of cesareans. A thought-provoking book for those that like to think about the bigger picture. (Reviewed in *Leaven*, Apr-May 2005.)
Palmer, Gabrielle  
*The Politics of Breastfeeding*  
*Pandora*, 2000  
This powerful book deals squarely with the breastfeeding versus bottle feeding controversy. The author explains that breastfeeding is much more than a matter of personal inclination and puts infant feeding into a historical and economic context.

Riordan, Jan  
*Breastfeeding and Human Lactation*  
*Jones & Bartlett*, 3rd ed., 2005  
Now in its third edition, this classic book has been updated to reflect new knowledge in the physiology of breastfeeding, milk supply, positioning, the management of breastfeeding, and the role of the lactation consultant. Issues the authors address include the sociocultural context of infant feeding; anatomy and biological imperatives; the prenatal, perinatal and postnatal periods; beyond postpartum; and contemporary issues.

Riordan, Jan & Kathleen Auerbach  
*Pocket Guide to Breastfeeding and Human Lactation*  
*Jones & Bartlett*, 2nd ed., 2001  
This edition covers such topics as maternal infections, birth control, breast lumps, and medications. Includes useful appendices such as a timeline of postpartum events and Spanish phrases. Recommends that babies under six months not be given whole cow’s milk, whereas the AAP specifies 12 months.

Riordan, Jan & Kathleen Auerbach  
*Resource Guide to Accompany Breastfeeding and Human Lactation*  
*Jones & Bartlett*, 1997  
Written for the breastfeeding educator to use along with *Breastfeeding and Human Lactation*. Includes key concepts and learning activities for each chapter in the textbook. Also includes audiovisual and educational resources and an extensive set of camera-ready overhead masters which can be freely copied.

Riordan, Jan & Kathleen Auerbach  
*Study Guide for Breastfeeding and Human Lactation*  
*Jones & Bartlett*, 3rd ed., 2005  
A study guide for those preparing for certification. Includes chapter outlines and questions keyed to chapters in the newly revised companion textbook.

Rosenberg, Marshall  
*Nonviolent Communication: A Language of Life*  
This second edition takes an enlightening look at how peaceful communication can create compassionate connections with family, friends, other acquaintances, and oneself. The author addresses the importance of identifying and articulating feelings, such as hostility, and discusses how to break patterns of thinking that lead
to anger and depression. Explained in detail, these nonviolent communication skills can be applied to all types of situations, including personal, professional, and political. (Reviewed in Leaven, Oct-Nov 2004.)

**Shinskie, Debbie & Judith Lauwers**  
*Pocket Guide for Counseling the Nursing Mother*  
*Jones & Bartlett, 2002*  
This book packs a tremendous amount of information in its small size. The bulleted list format makes it a handy reference for phone helping. In addition to detailed information on breastfeeding management and special situations, useful sections on labor and delivery practices that support early breastfeeding, infant feeding cues, and handling opposition to breastfeeding are included. The index is not very useful for finding specific information; however the "Special Subjects Table of Contents" provides page numbers for the common situations and frequently asked questions.

**Siew, Susan**  
*Images of Breastfeeding Worldwide*  
*WABA, 1999*  
A unique collection of black and white breastfeeding images from around the world compiled by the World Alliance for Breastfeeding Action for use by anyone interested in breastfeeding promotion or education. Many of the images are copyright-free and can be used in projects that protect, promote and support breastfeeding.

**Simkin, Penny & Phyllis Klaus**  
*When Survivors Give Birth: Understanding the Healing the Effects of Early Sexual Abuse on Childbearing Women*  
*Classic Day Publishing, 2004*  
This guide, written for caregivers by two childbirth experts, offers thorough and authoritative resource for understanding and supporting abuse survivors through the perinatal period. *When Survivors Give Birth* is an essential tool for lactation consultants and anyone in a position of working with pregnant or breastfeeding mothers.

**Smith, Linda**  
*Coach’s Notebook: Games and Strategies for Lactation Education*  
*Jones & Bartlett, 2002*  
This book provides tried and tested games and activities for those who are teaching breastfeeding and human lactation. Each game includes goals, ideal audiences, times to play, and specific instructions. (Reviewed in Leaven, Jun-Jul 2003.)

**Smith, Linda**  
*Comprehensive Lactation Consultant Exam Review*  
*Jones & Bartlett, 2nd ed., 2001*  
Paralleling 13 of the content areas for the IBLCE examination, this review is ideal for first-time exam takers and those seeking recertification, lactation specialists, nurses,
childbirth educators, and dieticians. Features three sample exams, 240 clinical questions with pictures and rationales for each question, and a companion CD-ROM.

Smith, Linda
*The Lactation Consultant in Private Practice: The ABCs of Getting Started*  
Jones & Bartlett, 2003  
A user-friendly guide to the lactation consultant profession offers information that will help the LC decide whether or not a private practice is right for her, then details all the necessary information for starting a practice in a step-by-step approach.

Steingraber, Sandra  
*Having Faith*  
Perseus, 2001  
The chronicle of a first-time mother combined with a scientist’s research into biology, chemistry, and environmental issues, *Having Faith* sparkles with humor about motherhood, balanced by the sobering information about the danger pollution poses to us and our children. A must-read for anyone concerned about breastfeeding and the environment.

Stuart-Macadam, Patricia & Katherine Dettwyler  
*Breastfeeding: Biocultural Perspectives*  
Aldine de Gruyter, 1995  
The biological, cultural, medical, and anthropological aspects of breastfeeding are explored by experts in their respective fields in order to encourage a more holistic view of the significance of breastfeeding. (Reviewed in *New Beginnings*, Nov-Dec 1996.)

Trevathan, Wendy, E. O. Smith & James McKenna  
*Evolutionary Medicine*  
Oxford University press, 1999  
This book links contemporary illnesses and diseases to the incompatibility between current lifestyles and environmental conditions and basic human biology. The authors base their conclusions on the theory that human behaviors and responses are the result of millions of years of evolutionary history. Breastfeeding issues, colic, jaundice, sleep struggles, and asthma are explored, along with obstetrical practices, infectious diseases, depression, overeating, substance abuse, breast and ovarian cancer, menopause, and osteoporosis.

UNICEF, WHO, UNESCO, UNFPA  
*Facts for Life*  
This revised edition offers readers essential information about children’s health issues. Presented in a straightforward, easy-to-understand format, this book draws health information from the world’s most respected resources.
Vickers, Melissa  
*Mother-to-Mother Support Handbook*  
LLLI, 2001  
(See LLLI Publications, page 5.)

WABA  
*The Breastfeeding Movement: A Sourcebook*  
WABA, 2003  
This book is a useful resource that commemorates and inspires breastfeeding activism. In it, key documents—speeches, statements, and articles—that played a crucial role in the breastfeeding movement are presented. Current issues, such as tactics used by the formula industry to promote infant formula, breastfeeding and HIV, and extensive resources are also discussed.

Walker, Marsha  
*Breastfeeding Management for the Clinician: Using the Evidence*  
Jones and Bartlett, 2006  
In this must-have resource, author Marsha Walker provides the latest theories and research in an evidence-based guide for managing breastfeeding and breastfeeding problems. Etiology, risk factors, prevention, prognosis and implications, interventions, care plans, and more are provided in a user-friendly format.

Walker, Marsha  
*Core Curriculum for Lactation Consultant Practice*  
Jones & Bartlett 2002  
Aids LCs in gaining knowledge, experience, and expertise to develop an effective study plan for certification. Based on the IBCLC exam blueprint, this curriculum provides a list of contributors who will give the aspiring consultant understanding in helping families benefit from the breastfeeding experience.

Walker, Marsha  
*Selling Out Mothers and Babies: Marketing of Breast Milk Substitutes in the USA*  
NABA, 2002  
A guide to the WHO Code for any breastfeeding advocate. Includes a list of the "consequences of not breastfeeding" in language that assumes breastfeeding is the norm. An appendix includes the complete text of the Code as drafted in 1981, along with all the resolutions that have amended the Code up to the date of publication.

Watson Genna, Catherine  
*Supporting Sucking Skills in Breastfeeding Infants*  
Jones & Bartlett, 2007  
A resource for any health care professional working with new mothers and infants, this book provides information and strategies needed to assist normal infant feeding. The author draws on clinical experiences and empirical evidence to help consolidate information in a usable framework for breastfeeding evaluation and support. Includes information for supporting and improving sucking skills in
healthy infants and those with anatomical variations, developmental respiratory issues, prematurity, and mild neurological deficits.

West, Diana  
*Defining Your Own Success: Breastfeeding after Breast Reduction Surgery*  
La Leche League International, 2001  
(See LLLI Publications)

Wilson, Marlene  
*You Can Make a Difference! Helping Others & Yourself through Volunteering*  
Volunteer Management Associates, 1990  
Explains the art of volunteerism—how to get started, matching volunteer's talents to projects, new skills, how to accomplish more each day.

Wilson-Clay, Barbara & Kay Hoover  
*The Breastfeeding Atlas*  
Newly revised, this edition contains expanded, updated chapters and over 100 new photos to explain particular breastfeeding situations that may be uncommon to many Leaders or lactation consultants. (First edition reviewed in *Leaven*, Apr-May 2000.)

World Health Organization  
*Kangaroo Mother Care: A Practical Guide*  
WHO, 2003  
This manual is written for the lactation professional and those working with preterm or low birthweight babies. Kangaroo Mother Care details the importance and benefits of skin-to-skin contact for preterm infants while emphasizing exclusive breastfeeding and ongoing support of the infant’s parents.
Alphabetical Listing by Title

12 SIMPLE SECRETS REAL MOMS KNOW: Getting Back to Basics and Raising Happy Kids—Borba, Michele
25 THINGS EVERY NEW MOTHER SHOULD KNOW—Sears, Martha & William
100 WAYS TO CALM CRYING—McKay, Pinky
125 BRAIN GAMES FOR BABIES—Silberg, Jackie
200 WAYS TO RAISE A BOY’S EMOTIONAL INTELLIGENCE—Glennon, Will
200 WAYS TO RAISE A GIRL’S SELF-ESTEEM—Glennon, Will
365 WAYS TO RAISE GREAT KIDS—Ellison, Sheila & Barbara Barnett
365 WACKY, WONDERFUL WAYS TO GET CHILDREN TO DO WHAT YOU WANT—Crary, Elizabeth
ABC FEELINGS BOOK—Delis-Abrams, Alexandra
ABC’S OF BREASTFEEDING—Rubin, Stacey H.
ABOUT TWINS—Rotner, Shelley & Sheila Kelly
ACTIVE BIRTH—Balaskas, Janet
ADVENTURES IN GENTLE DISCIPLINE—Flower, Hillary
ADVENTURES IN TANDEM NURSING: Breastfeeding Through Pregnancy and Beyond—Flower, Hillary
A.D.D BOOK, THE—Sears, William & Lynda Thompson
ALWAYS KISS ME GOODNIGHT—Salt, J.S.
AMY SPANGLER’S BREASTFEEDING: A Parent’s Guide—Spangler, Amy (7th ed.)
AND AFTER THAT—Ashbé, Jeanne
ANGRY KIDS, FRUSTRATED PARENTS—Hyland, Terry & Jerry Davis
ATTACHMENT PARENTING—Granju, Katie Allison
ATTACHMENT PARENTING BOOK, THE—Sears, William & Martha
BABY BOND, THE—Hine, Dianna
BABY BOOK, THE—Sears, William & Martha (rev. ed)
BABY FRIENDLY/MOTHER FRIENDLY—Murray, Susan
BABY GAMES—Martin, Elaine
BABY ON THE WAY—Sears, William & Martha & Christie Kelly
BABY SIGNS—Acredolo, Linda & Susan Godwyn
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