

Breastfeeding Education Resource List



Books for professionals

Breastfeeding: A guide for midwives,
by D Henshel and S Inch (1st edition).
Books for Midwives Press, 1996.
Price £10.95

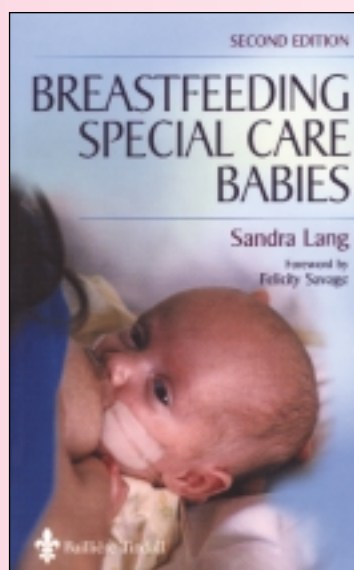
This is a useful resource for all involved with supporting women to breastfeed, covering practical and theoretical aspects of the subject. Particularly useful to midwives as the main focus of this book is on breastfeeding in the first few weeks of life.

Breastfeeding: A guide for the medical profession,
by Ruth and Robert Lawrence (5th edition).
Mosby, 1999.
Price £49.95

A comprehensive breastfeeding resource which provides useful additional information particularly for those involved in training health professionals. Advances in biochemical, nutritional and immunological aspects of human lactation are covered and information is provided on practical aspects such as management of breastfeeding.

Breastfeeding and human lactation,
by J Riordan and K Auerbach (2nd edition).
Jones and Bartlett, 1999.
Price £82.50

This book is written primarily for lactation specialists and is the recommended core text for those undertaking the International Board Lactation Consultants Examination. It provides insight into the socio-cultural context of breastfeeding, along with clinical knowledge and expertise. Colour illustrations and photographs help to make it an enjoyable read. While this book gives a global perspective on breastfeeding, some of the information applies only to the USA.



Breastfeeding special care babies,
by Sandra Lang (2nd edition).
Bailliere Tindall, 2002.
Price £16.99

This book is particularly relevant to midwives and nurses working in neonatal intensive care units. It could also be used as a source of reference for parents who wish their ill or premature baby to be breastfed. The book is clearly written and

covers subjects such as maintaining a milk supply and alternative methods of feeding.

Enabling women to breastfeed,
by Mary Renfrew, Mike Woolridge and Helen Ross McGill (1st edition).
The Stationery Office, 2000.
Price £19.95

This book reviews research that examines practices which enable or interfere with women breastfeeding beyond the first few weeks. Helpful strategies are highlighted and emphasis placed on evidence based approaches. A useful resource for those working in practice and in breastfeeding research.

Evidence for the ten steps to successful breastfeeding.
WHO, Division of Child Health and Development,
1998.
Price £7.00

An important resource for facilities working towards becoming Baby Friendly, this publication provides research evidence to support the 'Ten Steps' as globally recognised best practice standards for breastfeeding.

Guidelines for the collection, storage and handling of breastmilk for a mother's own baby on a neonatal unit, (2nd edition).

United Kingdom Association for Milk Banking, 2001.
Price £10.00 order directly from UKAMB
(www.ukamb.org)

An invaluable resource for midwives and neonatal nurses, particularly useful if developing guidelines and protocols on the subject. Well referenced with useful practical information.

Hypoglycaemia of the newborn: Review of the literature.

WHO, Division of Child Health and Development, 1997.

Price £5.00

Written by Dr Anthony Williams, this document is an essential resource for maternity units which are implementing the Ten Steps. It provides guidance on the prevention, management and treatment of hypoglycaemia of the newborn. A key text for those involved in developing policies and protocols on the subject.



Implementing the Baby Friendly best practice standards: A guide for maternity and community health care facilities.

UNICEF UK Baby Friendly Initiative, 2001.

Price £5.00

An essential guide for those working as the lead professional in implementing best practice in

breastfeeding. It outlines clearly the criteria required for hospital and community settings. The appendix includes sample policies and checklists and a self appraisal questionnaire.

Medications and mothers' milk 2002, by Thomas Hale (10th edition).

Pharmasoft Medical Publishing, 2002.

Price £25.00

Revised and updated annually, this book provides important evidence to support or to avoid the use of a particular drug during lactation. Information is provided on assessing the transfer of drugs into breastmilk, adult and paediatric concerns and possible side effects. An extremely useful resource for health professionals who prescribe for breastfeeding women and to those providing support to mothers taking medication.

Relactation: Review of experience and recommendations for practice.

WHO, Division of Child Health and Development, 1998.

Price £5.00

This resource provides information on how to support women who have stopped breastfeeding and wish to return to breastfeeding and on inducing lactation in women who have never been pregnant, who may have adopted a child.



Successful breastfeeding.

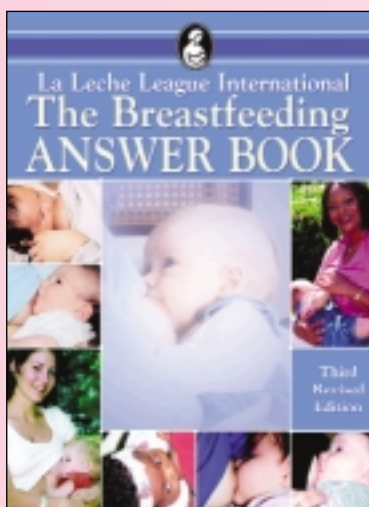
Royal College of Midwives (3rd edition).

Churchill Livingstone, 2002.

Price £14.99

This handbook is written to assist midwives and other health professionals who provide support for mothers to breastfeed. It offers clear research based information with effective guidelines. Excellent illustrations clearly

demonstrate the principles of effective positioning and attachment.



The breastfeeding answer book,

by N Mohrbacker and J Stock (3rd edition).

La Leche League, 2002.

Price £49.99

Recently revised and updated, this answer book is a useful resource for those involved in assisting mothers to solve common breastfeeding

problems. The latest edition includes reference to Dr Peter Hartmann's research with new illustrations of breast structure and information on how the breast functions.

The politics of breastfeeding,

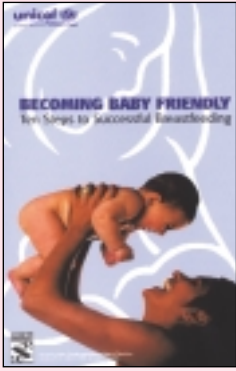
by G Palmer (revised edition).

Rivers Osram Press, 2000.

Price £9.99

This book is an interesting read for all involved in promoting and supporting breastfeeding. The historical and economic context in which the decline of breastfeeding is set provides important insight into the low breastfeeding rates of today.

Videos



Becoming Baby Friendly (1999)
by UNICEF UK BFI, 18 minutes.
Price £60.00

This video provides an introduction to the Baby Friendly initiative and a practical guide to implementing best practice standards. Useful for training sessions as an introduction to breastfeeding and best practice.

Breastfeeding: Baby's choice (1996)
by Ann-Marie Widstrom, 9 minutes.
Price £50.00

Produced in Sweden by a leading midwife, this video demonstrates the newborn baby's natural instinct to search for and find the mother's breast. A helpful tool to use in training to assist health professionals appreciate the importance of skin-to-skin contact between mother and baby at delivery.

Follow me mum: The key to successful breastfeeding (2000)
by Rebecca Glover, 20 minutes.
Price £48.00

This Australian video is aimed at mothers to help them understand how breastfeeding works. It puts emphasis on the instinctive movements of the baby for breastfeeding of tilting the head backwards and thrusting the chin and mouth forward. Shows an unusual technique for attachment using the mother's thumb to aim the nipple upwards into the baby's mouth.

Lapping it up: Cup feeding for babies (1999)
by Heather Harris, 4 minutes.
Price £15.00

An Australian video to help health professionals avoid babies developing nipple/teat confusion by using cup feeding as a useful alternative method of feeding breastfed babies. Shows several different babies at various ages being cup fed.

Mandy and Matt: A solution for breastfeeding attachment through co-bathing (1994)
by Heather Harris, 6 minutes.
Price £18.00

An Australian video which offers co-bathing as a solution to attachment problems and breast refusal. This technique is used to trigger the innate reflexes in babies to enable them to find the nipple, attach and suckle effectively.

Information to support six months' exclusive breastfeeding

PDFs are available for all of these World Health Organization (WHO) documents from the HPA website www.healthpromotionagency.org.uk under breastfeeding latest news. Alternatively, these documents can be accessed directly from www.who.int/nut

Global strategy for infant and young child feeding: The optimal duration of exclusive breastfeeding (2001).

54th World Health Assembly, Department of Child and Adolescent Health and Development.

Nutritional adequacy of exclusive breastfeeding for the term infant (2002).

WHO, Department of Nutrition for Health and Development.

The optimal duration of exclusive breastfeeding: A systematic review (2002).

WHO, Department of Child and Adolescent Health and Development.

The optimal duration of exclusive breastfeeding. Report of an expert consultation (2001).

WHO, Department of Child and Adolescent Health and Development.



Sharing a bed with your baby.

The UNICEF leaflet *Sharing a bed with your baby* has been updated in association with the Foundation for the Study of Infant Deaths. This

important resource assists health professionals to provide parents with information on the benefits and risks of bedsharing. This leaflet is currently available as a PDF from www.babyfriendly.org.uk/parents/leaflets.asp

Books for parents

Bestfeeding: Getting breastfeeding right for you, by Mary Renfrew, Chloe Fisher and Suzanne Arms (2nd edition).

Celestial Arts, 2000.

Price £12.99

A clear concise guide for mothers and midwives on establishing breastfeeding. Drawings and pictures greatly enhance description of techniques and make learning much easier.

Breastfeeding for beginners,
by Caroline Deacon.
National Childbirth Trust, 2002.
Price £6.99

A helpful guide for new mothers which provides important information on starting and continuing with breastfeeding.

Breastfeeding: How to give your baby the best start in life,
by Sheila Kitzinger (revised edition).
Dorling Kindersley, 1998.
Price £9.99

Gives practical and encouraging advice on all aspects of breastfeeding. A useful question and answer section addresses common concerns for breastfeeding mothers.

Feeding twins, triplets and more.
Multiple Birth Foundation, 1999.
Price £4.75
A useful guide with emphasis on breastfeeding for parents of multiples. It has a simple straightforward style and describes practical measures to maximise success.



First foods and weaning,
by Ravinder Lilly.
National Childbirth Trust, 2002.
Price £6.99

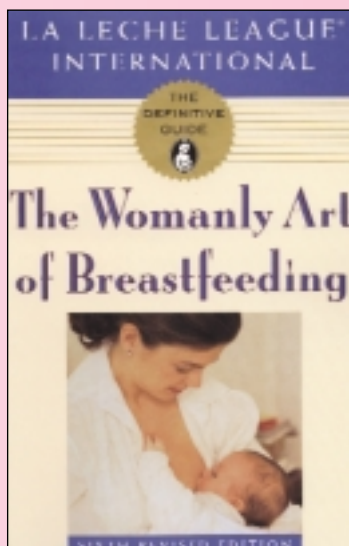
A concise guide to weaning written by a nutritionist. This book acknowledges six months' exclusive breastfeeding as the optimum in infant

nutrition and provides guidance for parents regarding the different stages of weaning starting around six months.

Having it all: A woman's guide to combining breastfeeding and work, (2nd edition).
Maternity Alliance, 2003.

Price £2.50 available from Maternity Alliance,
45 Beech Street, London ECP 2LX,
Tel: 020 74907639.

This recently updated booklet contains information on a mother's legal rights, provides suggestions for negotiating with employers and covers the practicalities of expressing milk at work.



The womanly art of breastfeeding.
La Leche League,
1998.
Price £13.99

A mother's guide to breastfeeding provides information on how to get started breastfeeding right through to breastfeeding the older child. Guidance is given on breastfeeding and returning to work and

introducing solids when baby is ready.

Resources in other languages

The UNICEF UK Baby Friendly Initiative offers several leaflets for pregnant women and new mothers in English and other languages. They can be ordered at a cost of £15 for 50 leaflets or printed from the website www.babyfriendly.org.uk/parents/leaflets.asp

Feeding your new baby: Important information for mothers to be.

Available in Arabic, Bengali, Gujarati, Hindi, Mirpuri, Punjabi, Spanish and Urdu.

Breastfeeding your baby.

This leaflet is aimed at new mothers who are breastfeeding.

Available in Arabic, Bengali, Gujarati, Hindi, Mirpuri, Punjabi, Spanish and Urdu.

Sterilising baby feeding equipment and Preparing a bottle feed.

Information for parents who have chosen to bottlefeed their babies to assist them to do so as safely as possible.

Available in English, Albanian, Bengali, Chinese, Hindi, Punjabi and Urdu.

Teaching aids

The story of a breastfeed

A2 size laminated poster.

Price £9.00 available from National Childbirth Trust
Black and white photographs show a breastfeed as seen by a newborn baby. Useful for antenatal clinics, postnatal wards and preparation for parenthood sessions.



Baby Eleanor

8 A4 colour laminated cards.

Price £15.50 available from National Childbirth Trust

A series of breastfeeding photographs that show the baby searching for the breast, attaching, feeding and then finished feeding. Very useful for training health professionals and

showing mothers how to breastfeed.

Breastfeeding cards,

8 A4 colour laminated cards.

Price £15.50 available from National Childbirth Trust

These cards show different positions for breastfeeding. One shows baby positioned nipple to nose for good attachment and another shows the let-down reflex.

Breast model

Price £38.00 (from Ace Graphics or BEST Services).

Made of cloth and used to teach mothers and health professionals about the structure and function of the breast. The breast has a fold back section which shows the internal structures. Very useful for teaching hand expression.



Breast model

Price £500.00 (from Limbs and Things, Tel: 0117 3110500).

This authentic breast model is used to teach hand expression skills. It allows the learner to locate the lactiferous sinuses and then express a white fluid when the technique is correct. Useful for clinical practice sessions.

Soft bodied dolls

approx. price £9.99 (from Index)

These baby dolls are similar in size to a newborn baby. They have a soft body, important when teaching positioning. The doll's head is moveable and can be tilted into the correct slightly extended position. The use of a doll such as this is invaluable for clinical skills training as it enables learners to demonstrate and verbalise good positioning and attachment.



Unless otherwise indicated the resources listed and others are available from:

Ace Graphics

PO Box 173
Sevenoaks
Kent
TN 14 5ZT
Tel: 01959 524622
www.birthinternational.com

National Childbirth Trust

NCT Maternity Sales Ltd
239 Shawbridge Street
Glasgow
G43 1QN
Tel: 0870 112 1120
www.nctms.co.uk

BEST Services

2 Kylemore Park
Taylor's Hill
Galway
Tel: 00353 91527511
Email: bestservices@iol.ie

UNICEF UK Baby Friendly Initiative

Africa House
64-78 Kingsway
London
WC2B 6NB
Tel: 0870 606 3377
www.babyfriendly.org.uk/order.asp

La Leche League Books

PO Box 29
West Bridgford
Nottingham
NG2 7NP
Tel: 0845 456 1866
www.laleche.org.uk



**Health
Promotion
Agency**



Health Promotion Agency for Northern Ireland
18 Ormeau Avenue, Belfast BT2 8HS.
Tel: 028 9031 1611 (Voice/Minicom). Fax: 028 9031 1711.
www.healthpromotionagency.org.uk