



Infant Nutrition and Feeding Resource List July 2006

This publication is a collection of resources on the topic of infant nutrition and feeding. Resources include books, pamphlets and audiovisuals and are limited to those published in 2000 or later. Many of the pamphlets are available in single copies and some may also be purchased in bulk from the organization listed (Web addresses are provided for materials available online). The books and audiovisuals can be either borrowed from your local library or purchased from your local book store. Resources were selected based on current recommendations and research.

Materials may also be available to borrow from the National Agricultural Library (NAL) collection. Lending and copy service information is provided at the end of this document. If you are not eligible for direct borrowing privileges, check with your local library on how to borrow through interlibrary loan. Materials cannot be purchased from NAL. Contact information is provided for the publisher/producer if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: http://www.nal.usda.gov/fnic/resource_lists.shtml.

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I. Books

A. Breastfeeding

Breastfeeding 101: A Step-by-Step Guide to Successfully Nursing Your Baby, 2nd Edition

Sue Tiller, RN, IBCLC
Centreville, VA: TLC Publishing, 2005. 96 pp.

ISBN: 0972151710

Description: Describes issues that a breastfeeding mother may face and includes a feeding and diaper log.

Breastfeeding and Human Lactation, 3rd Edition

Jan Riordan and Kathleen G. Auerbach
Sudbury, MA: Jones and Bartlett Publishers, 2005. 819 pp.

ISBN: 0763745855

Description: Contains resources for nurses, lactation consultants, childbirth educators, dietitians and other professionals who provide direct service to breastfeeding women.

The Breastfeeding Answer Book, 3rd Edition

Nancy Mohrbacher, IBCLC and Julie Stock, MA, IBCLC
Schaumburg, Illinois: La Leche League International, 2003. 720 pp.

ISBN: 0912500921

Description: Provides guidance to medical and non-medical breastfeeding counselors. Includes resources for the professional to share with parents.

Breastfeeding: A Guide for the Medical Professional

Ruth A. Lawrence, MD and Robert M. Lawrence, MD
Philadelphia, PA: Elsevier Mosby, 2005. 1152 pp.

ISBN: 0323028233

Description: Includes information on scientific and clinical topics as they relate to breastfeeding including breastfeeding the premature infant and medication interactions.

Breastfeeding: A Parent's Guide

Amy Spangler, MN, RN, IBCLC
Atlanta, GA: Amy's Baby Company, 2000. 161 pp.

ISBN: 0962745073

Description: Discusses the benefits of breastfeeding as well as provides tips and guidance on how to breastfeed, including sections on potential complications and special needs.



Breastfeeding: Keep it Simple

Amy Spangler, MN, RN, IBCLC
Atlanta, GA: Amy's Baby Company, 2004. 85 pp.

ISBN: 0972998845

Description: Presents breastfeeding guidance to women in a question and answer format. Includes resources for more information.

New Mother's Guide to Breastfeeding

Joan Younger Meek, MD, MS, RD, FAAP, IBCLC and Sherill Tippins
Elk Grove Village, IL: American Academy of Pediatrics, 2002. 272 pp.

ISBN: 0553381075

Description: Provides benefits of breastfeeding, as well as information on preparing to breastfeed. Also highlights the father's role in breastfeeding and weaning.

The Nursing Mother's Companion, 5th Edition

Kathleen Huggins, RN, MS
Boston, MA: Harvard Common Press, 2005. 336 pp.

ISBN: 1558323031

Description: Includes instruction on how to breastfeed. Illustrations are provided for additional guidance.

Why Should I Nurse My Baby? And Other Questions Mothers Ask About Breastfeeding

Pamela Wiggins, IBCLC
Franklin, VA: L.A. Publishing, 2004. 64 pp.

ISBN: 0962352977

Description: Discusses the benefits of breastfeeding as well as includes guidance and tips for the breastfeeding mom.

B. General Nutrition**Caring for Your Baby and Young Children: Birth to Age 5, 4th Edition**

Elk Grove Village, IL: American Academy of Pediatrics, 2004. 784 pp.

ISBN: 055338290X

Description: Highlights topics related to infant and child care. A step-by-step guide to baby and child care is provided.

Fit Kids (KidsHealth Series)

Mary Gaven, MD and Steven Dowshen, MD
New York, NY: Dorling Kindersley Publishing Inc., 2004. 208 pp.

ISBN: 0756603498

Description: Presents resources on nutrition and physical activity for children from infancy through adolescence. Includes recipes.



Healthy Mothers, Healthy Babies' Prenatal and Infant Care Baby Book

Olympia, WA: Washington State Department of Health, 2005. 100 pp.

Description: Discusses prenatal and infant health messages. Reading level of the text is below 6th grade level.

Pediatric Nutrition Handbook, 5th Edition

Ronald Kleinman, MD

Elk Grove Village, IL: American Academy of Pediatrics, 2004. 833 pp.

ISBN: 1581101090

Description: Provides practicing clinicians with evidence-based guidance on childhood nutrition issues.

Raising Vegetarian Children

Joanne Stepaniak, MEd and Vesanto Melina, MS, RD

New York, NY: McGraw-Hill, 2003. 300 pp.

ISBN: 0658021559

Description: Provides tips for nursing moms and nutritional guidance for infancy to adolescence.

II. Pamphlets/Brochures/Fact Sheets

A. Breastfeeding

Breastfeeding, Baby's Best Start (English and Spanish)

WithinReach

Web site: <http://www.hmhbwa.org/pdfs/BestStart.pdf>

Description: Provides information on the benefits of breastfeeding as well as breastmilk storage guidelines.

Ordering Information:

WithinReach

11000 Lake City Way, NE Suite 301

Seattle, WA 98125

Online ordering: <http://www.hmhbwa.org/forprof/materials/home.htm>



Breastfeeding Give Your Baby a Healthy Start

Channing Bete Company, Inc.

Description: Highlights breastfeeding basics. Explains benefits of breastfeeding, offers self-care tips for nursing mothers and lists sources for assistance.

Ordering Information:

Channing Bete Company, Inc.

One Community Place

South Deerfield, MA 01373-0200

Phone: 800-477-4776

Email: custsvcs@channing-bete.com

Online ordering: [http://store.channing-](http://store.channing-bete.com/onlinestore/store.html?cid=2716&vid=20050104004)

[bete.com/onlinestore/store.html?cid=2716&vid=20050104004](http://store.channing-bete.com/onlinestore/store.html?cid=2716&vid=20050104004)

Breastfeeding Pamphlets

Hale Publishing

Web site: http://www.ibreastfeeding.com/html/pamphlets_free.html

Description: Provides guidance to new mothers on issues related to breastfeeding including nutrition needs, working, traveling and medications. Available in electronic format only.

An Easy Guide to Breastfeeding

U.S. Department of Health and Human Services, Office of Women's Health

Web site: <http://www.4woman.gov/pub/BF.General.pdf>

Description: Presents information to women on breastfeeding. Explains the benefits for baby, mother and society, and also provides frequently asked questions. Available in electronic format only.

An Instructional Guide to Giving Your Baby the Best (English and Spanish)

Texas Department of State Health Services

Web site: <http://www.dshs.state.tx.us/wichd/bf/pdf/13-06-10954.pdf>

Description: Discusses signs of infant hunger and fullness. Provides guidance on growth and development.

Ordering Information:

Texas Department of State Health Services, WIC Nutrition

Attn: Publications Coordinator

Nutrition Services - WIC

1100 W. 49th St., Room M-260

Austin, TX 78756

Fax: 512-458-7445

Online ordering: <http://www.dshs.state.tx.us/wichd/gi/pdf/materials.pdf>



Preparing and Storing Breastmilk: Tips for Childcare Providers

Rhode Island Department of Health

Web site: <http://www.health.ri.gov/family/breastfeeding/breastmilkstorage.pdf>

Description: Includes tips on storing breastmilk and strategies for feeding. Available in electronic format only.

B. General Nutrition

Feeding Infants: A Guide for Use in the Child Nutrition Programs

United States Department of Agriculture, Food and Nutrition Service, Team Nutrition

Web site: http://www.fns.usda.gov/tn/Resources/feeding_infants.pdf

Description: Discusses nutrition for infants, preventing tooth decay, introducing solid foods, safe food handling and baby food. Available in electronic format only.

Feeding Your Baby with Breast Milk or Formula

Department of Health and Human Services, Food and Drug Administration

Web site: <http://www.fda.gov/opacom/lowlit/feedbby.pdf>

Description: Comparison of infant formula and breast milk. Includes the benefits of breast feeding and tips for success in both breastfeeding and formula feeding.

Help Me Be Healthy Series

Help Me Be Healthy

Web site:

http://www.nal.usda.gov/wicworks/Sharing_Center/statedev_helpme.html

Description: Offers guidance on child health and nutrition issues from birth through 5 years of age.

Ordering Information:

Robin Ludt

Crabtree and Company, Inc.

200 Park Avenue

Falls Church, Virginia 22046

Phone: 888-531-9001

Email: info@helpmebehealthy.net

Online ordering: <http://www.helpmebehealthy.net/html/order.html>



Making Your Own Baby Food

University of Maine Cooperative Extension

Web site: <http://www.umext.maine.edu/onlinepubs/PDFpubs/4309.pdf>

Description: Provides information about what foods to include and avoid, what equipment to use and how to prepare food safely. Includes recipes.

Ordering Information:

UMaine Extension Publications Distribution Center

5741 Libby Hall Room 114

Orono, ME 04469-5741

Phone: 207-581-3792

Online ordering:

http://extensionpubs.umext.maine.edu/ePOS/this_category=58&store=413&item_number=4309&form=shared3/gm/detail.html&design=413

Vegan Nutrition in Pregnancy and Childhood

Reed Mangels, PhD, RD and Katie Kavanagh-Prochaska, Dietetic Intern

Vegetarian Resource Group

Web site: <http://www.vrg.org/nutrition/pregnancy.htm>

Description: Summary of considerations for the vegan diet during pregnancy, breastfeeding and childhood. Includes nutrient needs and meal planning tips. Available in electronic format only.

C. Oral Health

A Healthy Mouth for Your Baby (English and Spanish)

U.S. Department Of Health and Human Services

National Institute of Dental and Craniofacial Research

Web site:

<http://www.nidcr.nih.gov/HealthInformation/DiseasesAndConditions/ChildrensOralHealth/HealthyMouth/>

Description: Provides an overview of how to protect a baby's teeth and prevent early childhood caries.

Ordering Information:

National Oral Health Information Clearinghouse

1 NOHIC Way

Bethesda MD, 20892-3500

Phone: 301-402-7364 (English) or 301-496-6706 (Spanish)

Email: nohic@nidcr.nih.gov

Online ordering: <https://www.nidcr.nih.gov/OrderPublications/>



Brush Up on Healthy Teeth: Simple Steps for Kids' Smiles (English and Spanish)

Center for Disease Control and Prevention

Web site: <http://www.cdc.gov/oralhealth/pdfs/BrushUpPoster.pdf>

Description: Provides helpful tips for parents to follow to ensure the care of their child's teeth.

Ordering Information:

Email: brushup@cdc.gov

Taking Care of Your Child's Teeth (English and Spanish)

WithinReach

Description: Discusses the causes of tooth decay and how to prevent it in babies and young children.

Ordering Information:

WithinReach

11000 Lake City Way, NE Suite 301

Seattle, WA 98125

Online ordering: <http://www.hmhbwa.org/forprof/materials/home.htm>

III. Audiovisuals

A. Breastfeeding

A Mother's Gift (English and Spanish)

Texas Department of State Health Services, WIC Nutrition, 2004

Videocassette (13 min.) (VHS)

Description: Discusses the emotional benefits of breastfeeding. Mothers encourage new mothers to give breastfeeding a try.

Ordering Information:

Allied Vaughn

350 E. Royal Lane # 111

Irving, TX 75039

Phone: 800-486-1539

Email: debi.anoatubb@alliedvaughn.co



A Mother's Guide to Breastfeeding (English and Spanish)

Texas Department of State Health Services, WIC Nutrition, 2000
Videocassette (English 15 min., Spanish 17 min.) (VHS)

Description: Provides tips and guidance on breastfeeding.

Ordering Information:

Allied Vaughn
350 E. Royal Lane # 111
Irving, TX 75039
Phone: 800-486-1539
Email: debi.anoatubb@alliedvaughn.co

Breastfeeding Basics: From Birth to 1 Year (English and Spanish)

KNB Productions, 2002
Videocassette (13 min.) (VHS)

Description: Includes advice on breastfeeding positions, expectations and milk production and storage. Also discusses healthy eating during breastfeeding.

Ordering Information:

United Learning
1560 Sherman Ave. Suite 100
Evanston, IL 60201
Phone: 800-323-9084
Email: info@unitedlearning.com
Online ordering: <http://www.unitedlearning.com/>

To Baby with Love: Overcoming Breastfeeding Barriers (English and Spanish)

Texas Department of State Health Services, WIC Nutrition, 2004
Videocassette (15 min.) (VHS)

Description: Discusses common breastfeeding barriers (pain, milk supply, lack of family support and breastfeeding in public) and how these barriers can be overcome.

Ordering Information:

Allied Vaughn
350 E. Royal Lane # 111
Irving, TX 75039
Phone: 800-486-1539
Email: debi.anoatubb@alliedvaughn.co



B. General Nutrition

Childhood Nutrition: Preventing Obesity: Volume 1, Feeding Your Baby (Birth - 1) (English and Spanish)

InJoy Videos, 2005

Videocassette (19 min.) (VHS) DVD (19 min.)

Description: Provides nutrition and feeding guidance for parents of newborns and infants.

Ordering Information:

InJoy Videos

7107 La Vista Place

Longmont, CO 80503

Phone: 800-326-2082

Online ordering: <http://www.injoyvideos.com/>

Feeding Your Baby: 8-12 Months

Texas Department of Health, 2000

Videocassette (30 min.) (VHS)

Description: Discusses feeding 8-12 month old infants. Developmental feeding cues and challenges of feeding are highlighted.

Ordering Information:

Allied Vaughn

350 E. Royal Lane # 111

Irving, TX 75039

Phone: 800-486-1539

Email: debi.anoatubb@alliedvaughn.co

Healthy Eating: Nutrition for Infants and Children Under 6

Brian Peterson and Lina Ingraham, Kidsafety of America, 2001

Videocassette (30 min.) (VHS) DVD (30 min.)

Description: Focuses on the nutritional needs of infants and children.

Ordering Information:

Kidsafety of America

6251 Schaefer Avenue Suite "B"

Chino, CA 91710

Phone: 800-524-1156

Online ordering: <http://www.kidsafetystore.com/>



IV. National Contacts

American Academy of Pediatric Dentistry

211 East Chicago Avenue, Suite 700

Chicago, IL 60611

Phone: 312-337-2169

Web site: <http://www.aapd.org/>

American Academy of Pediatrics

141 Northwest Point Boulevard

Elk Grove Village, IL 60007-1098

Phone: 847-434-4000

Web site: <http://www.aap.org/>

American Dietetic Association

120 South Riverside Plaza, Suite 2000

Chicago, Illinois 60606-6995

Phone: 800-877-1600

Web site: <http://www.eatright.org>

Food and Drug Administration

5600 Fishers Lane

Rockville MD 20857-0001

Phone: 888-INFO-FDA

Web site: <http://www.fda.gov/>

International Lactation Consultants Association

1500 Sunday Drive, Suite 102

Raleigh, NC 27607

Phone: 919-861-5577

Web site: <http://www.ilca.org/>

La Leche League International

1400 N. Meacham Road,

Schaumburg, IL 60173

Phone: 847-519-7730

Web site: <http://www.lalecheleague.org/>

March of Dimes

1275 Mamaroneck Ave

White Plains, NY 10605

Phone: 914-997-4488

Web site: <http://www.marchofdimes.com/>



Maternal and Child Health Bureau

Parklawn Building Room 18-05
5600 Fishers Lane
Rockville, MD 20857
Phone: 301-443-2170
Web site: <http://mchb.hrsa.gov/>

National Healthy Mothers, Healthy Babies Coalition

121 North Washington Street, Suite 300
Alexandria, VA 22314
Phone: 703-836-6110
Web site: <http://www.hmhb.org/>

National Institute of Child Health and Human Development

Bldg 31, Room 2A32, MSC 2425
31 Center Drive
Bethesda, MD 20892-2425
Phone: 800-370-2943
Web site: <http://www.nichd.nih.gov/default.htm>

National Maternal and Child Health Clearinghouse

HRSA Information Center
P.O. Box 2910
Merrifield, VA 22116
Phone: 888-ASK-HRSA
Fax: 703-821-2098
Web site: <http://www.ask.hrsa.gov/MCH.cfm>

National Maternal and Child Oral Health Resource Center

Georgetown University
Box 571272
Washington, DC 20057-1272
Phone: 202-784-9771
Fax: 202-784-9777
Web site: <http://www.mchoralhealth.org/>

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

Food and Nutrition Service, USDA
3101 Park Center Drive
Alexandria, VA 22302
Phone: 703-305-2746
Web site: <http://www.fns.usda.gov/wic/>



United States Breastfeeding Committee

2025 M Street, NW, Suite 800

Washington, DC 20036

Phone: 202-367-1132

Web site: <http://usbreastfeeding.org/>

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