



Infant Nutrition and Health Resource List October 2009

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 2005 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.

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. 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/pubs/bibs/gen/infnut.pdf>.
A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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I. Books

A. Breastfeeding

ABCs of Breastfeeding: Everything a Mom Needs to Know for a Happy Nursing Experience

Stacey H. Rubin M.N., APRN, IBCLC
Saranac Lake, NY: AMACOM, 2008. 288 pp.

Description: Guides new mothers in breastfeeding their infants properly with real-life stories and troubleshooting tips.

Baby-Led Weaning: Helping Your Baby to Love Good Food

Gill Rapley and Tracey Murkett
London: Random House UK, 2008. 256 pp.

Description: Encourages self-feeding to help infants develop coordination, independence and chewing skills during the introduction of solid foods.

Breastfeeding: A Parent's Guide, 8th Edition

Amy Spangler, MN, RN, IBCLC
Atlanta, GA: Amy's Baby Company, 2006. 192 pp.

Description: Describes the benefits of breastfeeding as well as provides tips and guidance on how to breastfeed. Includes sections on potential complications and special needs. Also available in Spanish.

Breastfeeding: Keep it Simple, 2nd Edition

Amy Spangler, MN, RN, IBCLC
Atlanta, GA: Amy's Baby Company, 2006. 88 pp.

Description: Provides breastfeeding guidance to women in question and answer format. Includes resources for additional information. Also available in Spanish.

The Breastfeeding Mother's Guide to Making More Milk

Diana West, IBCLC and Lisa Marasco, MA, IBCLC
New York, NY: McGraw Hill, 2008. 278 pp.

Description: Addresses common breastfeeding issues such as milk supply, milk flow, how to make more milk, nipple confusion, medicines and herbs, and positioning techniques.

The Contented Little Baby Book of Weaning

Gina Ford
London: Random House UK, 2006. 208 pp.

Description: Guides parents through the stages of the weaning process. Also answers common questions and includes recipes.



Medications and Mothers' Milk, 13th Edition

Thomas Hale, PhD

Amarillo, TX: Hale Publishing L.P., 2008. 1276 pp.

Description: Includes pharmacological advice for lactation consultants, nurses, physicians and nursing mothers. Discusses many drugs, vitamins, and herbs in relation to the effect on breast milk.

Mothering Multiples: Breastfeeding & Caring for Twins or More! 3rd Revised Edition

Karen Kerkhoff Gromada MSN, RN, IBCLC

Schaumburg, IL: La Leche League International, 2007. 429 pp.

Description: Outlines common issues and concerns. Topics include breastfeeding, comforting a fussy baby, getting enough sleep and starting solid foods.

Nonprescription Drugs for the Breastfeeding Mother

Frank J. Nice RPh, DPA, CPHP

Amarillo, TX: Hale Publishing L.P., 2007. 112 pp.

Description: Offers guidelines and recommendations for safely using medication while breastfeeding.

Nursing Mother, Working Mother, 2nd Edition

Gale Pryor and Kathleen Huggins, RN, MS

Boston, MA: Harvard Common Press, 2007. 237 pp.

Description: Guides mothers on how to pump and store breast milk, negotiate with employers and establish a new feeding routine.

The Nursing Mother's Companion, 5th Edition

Kathleen Huggins, RN, MS

Boston, MA: Harvard Common Press, 2005. 308 pp.

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

The Nursing Mother's Guide to Weaning, Revised Edition

Kathleen Huggins, RN, MS and Linda Ziedrich

Boston, MA: Harvard Common Press, 2007. 208 pp.

Description: Provides information on weaning children of different ages by introducing bottles and complementary foods. Helps mothers delay or implement weaning practices.



Oh Yes You Can Breastfeed Twins: Plus More Tips for Simplifying Life with Twins

April Rudat, MS Ed, RD, LDN

April Rudat, RD, LLC, 2007. 252 pp.

Description: Presents tips and resources for breastfeeding twins. Topics include setting up the nursery environment, record keeping, and what to expect as the infants grow and develop over the first year.

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

Pamela Wiggins, IBCLC

Franklin, VA: L.A. Publishing, 2009. 64 pp.

Description: Discusses the benefits of breastfeeding and includes guidance and tips for the breastfeeding mom. Also available in Spanish, French, Haitian Creole, Chinese, Vietnamese and Native American.

B. General Nutrition and Health

Baby and Toddler Cookbook

Rachael Anne Hill

New York, NY: Ryland Peters & Small Inc., 2008. 143 pp.

Description: Presents over 90 recipes categorized according to age, with color photos of each. Outlines kitchen basics such as food safety, equipment, and ingredients. Also includes sections on allergies and vegetarian eating.

The Baby Bistro: Child-Approved Recipes and Expert Nutrition Advice for the First Year

Christina Schmidt, MS

Boulder, CO: Bull Publishing, 2009. 134 pp.

Description: Offers nutritional advice for pregnant mothers, things to be aware of when feeding your infant, including what not to give them. Provides few entrees for babies along with their nutrient needs and serving suggestions. Also discusses supplement information for vegan babies.

Baby Bites

Bridget Swinney, MS, RD

New York, NY: Meadowbrook Press, 2007. 370 pp.

Description: Aids mothers in providing nutritious meals for infants and young children. Topics include introducing complementary foods, food timing, oral health, and vegetarianism. Also provides recipes.



The Baby Food Bible

Eileen Behan, RD

London: Random House UK, 2008. 254 pp.

Description: Discusses food item by availability, nutrition, appropriateness for the infant, and proper preparation. Contains recipes for babies as well.

Better Baby Food: Your Essential Guide to Nutrition, Feeding and Cooking for All Babies and Toddlers

Daina Kalnins, RD, CNSD and Joanne Saab, RD

Toronto: Robert Rose, Inc., 2008. 256 pp.

Description: Contains information about breast and bottle feeding and the introduction of solid foods. Recipes categorized by age ranges (6-8, 8-12, 12-18, over 18 months) and meal type (breakfast, lunch, dinner, snacks, desserts).

Complete Baby and Childcare

Dr. Miriam Stoppard

New York, NY: Dorling Kindersley Publishing Inc., 2008. 352 pp.

Description: Covers how to care for infants through preschool-aged children. Highlights nutrition and feeding, vegetarianism, special needs and dealing with illness.

The Complete Idiot's Guide to Feeding Your Baby and Toddler

Elizabeth Ward MS, RD

New York, NY: Penguin Group Inc., 2007. 384 pp.

Description: Provides guidance on infant nutrition and health, as well as advice for weaning babies from soft foods to more solid foods. Includes chapters on food allergies, feeding a vegetarian child and more than 200 recipes.

Dealing with Food Allergies in Babies and Children

Janice Vickerstaff Joneja, PhD, RD

Boulder, CO: Bull Publishing Company, 2007. 553 pp.

Description: Guides parents on what to expect when dealing with an infant/child with food allergies. Includes descriptions of the most common food allergies and intolerances, as well as strategies for managing the conditions.

The Everything Organic Cooking for Baby & Toddler Book

Kim Lutz and Megan Hart, MS, RD

Avon, MA: Adams Media, 2008. 275 pp.

Description: Contains information about organic eating and 300 recipes for organic dishes. Details how to make cooking simple and affordable.



Excerpts from Food for Tots, 3rd Edition

Janice Woolley, MD and Jennifer Pugmire

Mercer Island, WA: Mammoth Media, Inc., 2008. 64 pp.

Description: Answers common questions about feeding children from birth until age six and how to save money when shopping for and preparing meals. Includes tables and figures of caloric needs.

Green Baby

New York, NY: DK Publishing, 2008. 190 pp.

Description: Discusses ways to incorporate environmentally-friendly techniques and behaviors into infant care. Topics include infant feeding, playing with the infant and creating a healthful environment for the infant.

Infant Nutrition and Feeding: A Guide for Use in the WIC and CSF Programs

Alexandria, VA: U.S. Department of Agriculture, 2007. 227 pp.

Web site: http://www.nal.usda.gov/wicworks/Topics/Infant_Feeding_Guide.html

Description: Examines topics related to infant nutrition and answers common questions. Also addresses complementary foods, food selection, and vegetarian nutrition.

“I Won’t Eat it!” Answers to Your Questions about Feeding Babies and Toddlers

Leann Birch, PhD and William Dietz, MD, PhD

Elk Grove Village, IL: American Academy of Pediatrics, 2009. 21 pp.

Description: Covers feeding information on transitioning to solid food and feeding picky toddlers. Provides answers to common questions, personal stories, and a list of additional resources.

Meals Without Squeals: Child Care Feeding Guide and Cookbook, 3rd Edition

Christine Berman, MPH, RD, and Jacki Fromer

Boulder, CO: Bull Publishing Company, 2006. 300 pp.

Description: Discusses nutritious food for children, including the following topics: children’s growth, common feeding problems, and how to offer children positive experiences with food.

My Child Won’t Eat!

Carlos Gonzalez, MD

Schaumburg, IL: La Leche League International, 2005. 172 pp.

Description: Guides parents and caregivers on how to prevent and manage eating and growth problems in infants and children.



The Petit Appetit Cookbook

Lisa Barnes

New York, NY: Penguin Group, Inc. 2005. 239 pp.

Description: Contains recipes for stage-appropriate foods for babies and toddlers, informs caregivers about food safety and provides convenient grocery shopping tips. Each recipe lists the nutrition facts and reference icons for vegetarians or individuals with food allergies.

II. Pamphlets/Booklets/Brochures/Fact Sheets/Web sites

A. Breastfeeding

Breast Feeding - Multiple Languages

Medline Plus, U.S. National Library of Medicine

Web site: <http://www.nlm.nih.gov/medlineplus/languages/breastfeeding.html>

Description: Discusses common concerns in a question and answer format. Topics include starting breastfeeding, positioning, pumping and storing breast milk. Also available in Bosnian, Chinese, French, Hindi, Korean, Marshallese, Portuguese, Russian, Somali, and Vietnamese.

Breast Pumps

U.S. Food and Drug Administration

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

Description: Gives information on how to choose, use and clean a breast pump.

Breastfeeding: Give Your Baby a Healthy Start

Channing Bete Company, Inc.

Description: Provides breastfeeding basics for busy moms. It explains the benefits of breastfeeding, offers self-care tips for nursing mothers, and lists sources of assistance for questions and concerns.

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/storeitem.html?vid=20050104004&iid=162826&lang=0&pos=5&icode=30664&pcode=&item=Breastfeeding+--+Give+Your+Baby+A+Healthy+Start)

[bete.com/onlinestore/storeitem.html?vid=20050104004&iid=162826&lang=0&pos=5&icode=30664&pcode=&item=Breastfeeding+--+Give+Your+Baby+A+Healthy+Start](http://store.channing-bete.com/onlinestore/storeitem.html?vid=20050104004&iid=162826&lang=0&pos=5&icode=30664&pcode=&item=Breastfeeding+--+Give+Your+Baby+A+Healthy+Start)



Dad's 10 Minute Breastfeeding Guide

Pamela Wiggins, IBCLC

L.A. Publishing

Description: Provides basic breastfeeding guidance for new fathers.

Ordering Information:

LA Publishing, LLC

P.O. Box 773

Franklin, VA 23851

Phone: 800-397-5833

Order form: <http://www.breastfeedingbooks.com/images/pdfs/orderform.pdf>

An Easy Guide to Breastfeeding

National Women's Health Information Center, U.S. Department of Health and Human Services

Web site: <http://www.4woman.gov/pub/bf.cfm>

Description: Presents information to women from different cultures on breastfeeding. Explains the benefits for baby, mother and society, and also includes provides frequently asked questions. Also available in Spanish and Chinese.

MyPyramid for Pregnancy and Breastfeeding

Center for Nutrition Policy and Promotion, U.S. Department of Agriculture

Web site: <http://www.mypyramid.gov/mypyramidmoms/>

Description: Covers tips and guidance for the pregnant and breastfeeding woman in an individualized format.

Time to Feed Your Baby: Breastfeeding Positions and Tips

Amy's Babies Company

Description: Describes four basic breastfeeding positions, diagrams, and tips.

Ordering Information:

Amy's Babies

P.O. Box 501046

Atlanta, GA 31150-1046

Phone: 770-913-9332

Online ordering: http://www.amysbabies.com/breastfeeding_products/breastfeeding-positions-brochure.html

Weaning

La Leche League International

Web site: <http://www.llli.org/NB/NBweaning.html>

Description: Includes answers to common questions and articles related to weaning.



Weaning Your Child

Nemours Foundation

Web site: http://kidshealth.org/parent/pregnancy_newborn/feeding/weaning.html

Description: Discusses the decision on when to wean and approaches to the weaning process.

What You Should Know About Breastfeeding

American Institute for Cancer Research

Web site:

http://www.aicr.org/site/DocServer/Breast_Feeding.pdf?docID=2161&JServSessionIdr010=z6h9tpmgd3.app44a

Description: Discusses how breastfeeding can prevent cancer in the mother and provide health benefits to the infant. It also includes information on other ways to reduce breast cancer risks.

Ordering Information:

American Institute for Cancer Research

1759 R Street, NW

Washington, DC 20009

Phone: 800-843-8114

Online ordering: http://www.aicr.org/site/PageNavigator/pub_Breast_Feeding

When Disasters Happen: Breastfeeding During Emergencies

Pamela Wiggins, IBCLC

L.A. Publishing

Web site: <http://www.breastfeedingbooks.com/pages/emerg.html>

Description: Discusses the importance of and provides guidance for continuing breastfeeding during an emergency.

Ordering Information:

LA Publishing, LLC

P.O. Box 773

Franklin, VA 23851

Phone: 800-397-5833 Fax: 804-744-6022

Order form: <http://www.breastfeedingbooks.com/images/pdfs/orderform.pdf>

B. General Nutrition and Health

Are You Passing Tooth Decay to Your Baby? A Guide to Oral Health for Your Baby's First Year

Arizona Department of Health and Human Services

Web site: http://www.azdhs.gov/cfhs/ooH/pdf/dhs_432_13firstyear.pdf

Description: Discusses how to protect baby's teeth and prevent tooth decay.



Caring for Your Newborn: Keeping Tabs On Your Baby's First Year

Channing Bete Company, Inc.

Description: Uses tab format to present tips and guidance to new parents. Topics include feeding, safety, immunizations and well-child visits.

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/storeitem.html?vid=20050104004&iid=178058&icode=83402&item=Caring+For+Your+Newborn+-+Keeping+Tabs+On+Your+Baby%26%2339%3Bs+First+Year)

[bete.com/onlinestore/storeitem.html?vid=20050104004&iid=178058&icode=83402&item=Caring+For+Your+Newborn+-+Keeping+Tabs+On+Your+Baby%26%2339%3Bs+First+Year](http://store.channing-bete.com/onlinestore/storeitem.html?vid=20050104004&iid=178058&icode=83402&item=Caring+For+Your+Newborn+-+Keeping+Tabs+On+Your+Baby%26%2339%3Bs+First+Year)

Feeding Your Baby 6 to 12 Months

Washington State Department of Health

Web site: <http://here.doh.wa.gov/materials/feeding-your-baby-6-to-12-months>

Description: Provides a chart for guidelines to use when introducing foods to the older baby, including appropriate foods based on age and developmental readiness.

Additional information on food safety, allergic reactions to food and dental care. Also available in Arabic, Cambodian, Chinese, Korean, Russian, Spanish and Vietnamese.

Feeding Your Baby Birth to 8 Months

Washington State Department of Health

Web site: <http://here.doh.wa.gov/materials/feeding-your-baby-birth-to-8-months>

Description: Provides information on when to introduce certain foods based on developmental stages of the infant. Also available in Arabic, Cambodian, Chinese, Korean, Russian, Somali, Spanish and Vietnamese.

Feeding Your Baby from Birth to Age 2: A Parent's Handbook

Channing Bete Company, Inc.

Description: Allows parents to keep track of child's feeding schedules and health care appointments while providing information on infant nutrition, breastfeeding and weaning.

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/storeitem.html?vid=20050104004&iid=175609&icode=92169&item=Feeding+Your+Baby+From+Birth+To+Age+2%3B+A+Parent%26%2339%3Bs+Handbook)

[bete.com/onlinestore/storeitem.html?vid=20050104004&iid=175609&icode=92169&item=Feeding+Your+Baby+From+Birth+To+Age+2%3B+A+Parent%26%2339%3Bs+Handbook](http://store.channing-bete.com/onlinestore/storeitem.html?vid=20050104004&iid=175609&icode=92169&item=Feeding+Your+Baby+From+Birth+To+Age+2%3B+A+Parent%26%2339%3Bs+Handbook)



First Steps to a Healthy Smile

American Academy of Pediatrics

Web site: http://www.aap.org/publiced/BR_firststepshealthysmile.pdf

Description: Contains information on caring for a child's teeth, from birth until 2 years, and tips on preventing tooth decay.

Ordering Information:

141 Northwest Point Boulevard
Elk Grove Village, IL 60007-1098
Phone: 847-434-4000

Online ordering:

https://www.nfaap.org/netforum/eweb/dynamicpage.aspx?site=nf.aap.org&webcode=aa_pbks_productdetail&key=82459529-4831-46c5-b7d5-b87bb99fa9e0

Formula Feeding FAQs: How Much and How Often

Nemours Foundation

Web site:

http://kidshealth.org/parent/pregnancy_newborn/formulafeed/formulafeed_often.html

Description: Informs caregivers how to detect an infant's hunger cues, prepare bottles, and ensure he or she is eating enough.

A Healthy Mouth for Your Baby

National Institute of Dental and Craniofacial Research, U.S. Department of Health and Human Services

Web site: <http://www.nidcr.nih.gov/NR/rdonlyres/EE63DFE7-8656-49A9-A280-203DA17AAE1C/0/healthybabyFactsheet0103.pdf>

Description: Provides information on preventing tooth decay, checking and cleaning your baby's teeth and the importance of fluoride.

Order Information:

National Oral Health Information Clearinghouse
1 NOHIC Way

Bethesda MD, 20892-3500

Phone: 301-402-7364

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

Help Me Be Healthy Series

Help Me Be Healthy

Description: Offers guidance on child health and nutrition issues from birth through five years of age. Also available in Spanish.

Ordering Information:

Help Me Be Healthy

Phone: 888-531-9001 x102 Fax: 703-241-9060

Email: info@helpmebehealthy.net

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



How to Feed Your Baby Step-by-Step

Oregon Dairy Council

Web site:

http://www.oregondairycouncil.org/resources/free_downloads/downloads/How_To_Feed_Baby-English.pdf (English)

http://www.oregondairycouncil.org/resources/free_downloads/downloads/How_To_Feed_Baby-Spanish.pdf (Spanish)

Description: Gives tips about when to incorporate different food groups. Includes serving sizes and feeding advice.

I'm Ready! Feeding Family Foods to Your Baby

Washington State Department of Health

Web site: <http://here.doh.wa.gov/materials/im-ready-feeding-family-foods-to-your-baby>

Description: Provides guidance on introducing the older infant to table foods, finger foods and more textured foods. Also available in Russian and Spanish.

Infant and Toddler Oral Health: Early Childhood Caries

Maryland Department of Health and Mental Hygiene

Web site:

http://www.fha.state.md.us/pdf/oralhealth/fact_sheets/Infant_and_Toddler_OH-ECC.pdf

Description: Explains the causes of early childhood caries and methods of prevention; also discusses how to identify if a child has dental caries and ways to take action.

Infant and Toddler Oral Health: Teething

Maryland Department of Health and Mental Hygiene

Web site:

http://www.fha.state.md.us/pdf/oralhealth/fact_sheets/Infant_and_Toddler_OH-teething.pdf

Description: Informs parents when to expect their child to develop teeth as well as how to brush and floss them.

It's Time to Eat: Food for Your Baby

Oregon Department of Human Services

Web site: http://www.nal.usda.gov/wicworks/Sharing_Center/OR/Time_to_Eat.pdf (English)

http://www.nal.usda.gov/wicworks/Sharing_Center/OR/Time_to_Eat_Sp.pdf (Spanish)

Description: Contains information and tips on when and how to start your baby on solid foods, along with some simple steps for making your own baby food.



Newborn Care

March of Dimes

Description: Provides guidance for new parents on deciding about breastfeeding, finding a healthcare provider, and caring for the new baby. Includes a vaccination schedule. Also available in Spanish

Ordering Information:

1275 Mamaroneck Avenue

White Plains, NY 10605

Online ordering:

<http://www.marchofdimes.com/catalog/product.aspx?productid=5001&categoryid=148&productcode=09-2331-08>

Start Healthy Stay Healthy Feeding Guidelines: Transitioning to Toddlerhood

American Dietetic Association and Gerber Products Company

Web site: <http://www.eatright.org/ada/files/toddler.pdf>

Description: Discusses developmental signs of when it is appropriate to introduce new foods, ways to instill healthy eating habits and how to incorporate critical nutrients.

Starting Solid Foods

American Academy of Pediatrics

Description: Describes when to start feeding solid foods, what kinds of foods are ideal, expected changes once solid foods are introduced, and a section on choking.

Ordering Information:

141 Northwest Point Boulevard

Elk Grove Village, IL 60007-1098

Phone: 847-434-4000

Online ordering:

https://www.nfaap.org/netforum/eweb/DynamicPage.aspx?webcode=aapbks_productdetail&key=b02fd777-59cd-4981-8426-b6846af80e73

Stopping the Bottle

Nemours Foundation

Web site: http://kidshealth.org/parent/food/infants/no_bottles.html

Description: Guides parents and caregivers in weaning a child from a bottle to a cup.



III. Audiovisuals

A. Breastfeeding

Better Breastfeeding

InJoy Videos, 2008.

Online video clips: <http://www.seewhatyouread.com> with booklet (50 pp.)

Description: Provides guidance for the new parent on many important issues to be aware of when breastfeeding. Short videos addressing each topic are available to view online.

Ordering Information:

InJoy Videos

7107 La Vista Place

Longmont, CO 80503

Phone: 800-326-2082

Online ordering:

http://www.injoyvideos.com/product.php?proid=97&sub_catid=&catid=7&page=See_Wh_at_You_Read_Better_Breastfeeding

Better Breastfeeding: A Guide for Teen Parents

InJoy Videos, 2008. DVD (28 min.)

Description: Provides information for teen mothers who are interested in father involvement, getting support, and breastfeeding while in school. Also available in Spanish.

Ordering Information:

InJoy Videos

7107 La Vista Place

Longmont, CO 80503

Phone: 800-326-2082

Online ordering:

http://www.injoyvideos.com/product.php?proid=95&page=Better_Breastfeeding

Better Breastfeeding: Your Guide to a Healthy Start

InJoy Videos, 2008. DVD (25 min.)

Description: Provides information on milk composition and production throughout the course of feeding. Shows proper latching techniques and hunger and fullness cues.

Ordering Information:

InJoy Videos

7107 La Vista Place

Longmont, CO 80503

Phone: 800-326-2082

Online ordering:

http://www.injoyvideos.com/product.php?proid=85&sub_catid=&catid=13&page=Better_Breastfeeding



Breastfeeding: What's a DAD Supposed to Do?

Eagle Video Productions, 2008. DVD (14 min.)

Description: Discusses the benefits of breastfeeding and addresses the father's common concerns. Also gives helpful tips to support mothers.

Ordering Information:

Eagle Video Productions
2201 Woodnell Drive
Raleigh, NC 27603-5240
Phone: 800-838-5848

Online ordering: https://www.eaglevideo.com/secure_ordering.htm

Breastfeeding: You Can Do It!

Pamela K. Wiggins, IBCLC
LA Publishing, 2007. DVD (39 min.)

Description: Highlights the benefits of breastfeeding, different positions, and frequently asked questions related to issues such as preventing dehydration and storing milk.

Ordering Information:

LA Publishing
P.O. Box 773
Franklin, VA 23851
Phone: 800-397-5833 Fax: 804-744-6022

Order form: <http://www.breastfeedingbooks.com/images/pdfs/orderform.pdf>

Breastfeeding and Returning to Work

Eagle Video Productions, 2007. DVD (12 min.)

Description: Discusses the many advantages of continuing to breastfeed and ways in which you can breastfeed while working or going to school.

Ordering Information:

Eagle Video Productions
2201 Woodnell Drive
Raleigh, NC 27603-5240
Phone: 800-838-5848

Online ordering: https://www.eaglevideo.com/secure_ordering.htm



Breastfeeding FAQs: Ask the Experts

Mother of 7, Inc., 2007. DVD (45 min.)

Description: Uses a panel of experts and moms to address frequently asked questions related to breastfeeding. Topics include the benefits of breastfeeding, preparing for breastfeeding before birth, who to call for help and overcoming common barriers and problems.

Ordering Information:

Mother of 7, Inc.

P.O. Box 7749

Dallas, TX 75209

Phone: 877-790-2229 Email: info@motherof7.com

Online ordering: <http://www.motherof7.com/breastfeeding-kits.html>

Breastfeeding for Working Mothers: Planning, Preparing and Pumping

InJoy Videos, 2009. DVD (18 min.)

Description: Encourages breastfeeding mothers to continue breastfeeding after returning to work. Topics include planning during pregnancy, practicing and establishing routine and pumping and storing breast milk at work.

Ordering Information:

InJoy Videos

7107 La Vista Place

Longmont, CO 80503

Phone: 800-326-2082

Online ordering:

http://www.injoyvideos.com/product.php?proid=100&sub_catid=&catid=13&page=Breastfeeding_for_Working_Mothers

Multiples: More of Everything

InJoy Videos, 2009. DVD (50 min.)

Description: Educates parents on what to expect during pregnancy, delivery, and the postpartum period after conceiving twins or triplets. Discusses breastfeeding multiples. Two volume set.

Ordering Information:

InJoy Videos

7107 La Vista Place

Longmont, CO 80503

Phone: 800-326-2082

Online ordering: <http://www.injoyvideos.com/product.php?proid=102&page=Multiples>



B. General Nutrition and Health

Caring for Your Baby

Channing Bete Company, Inc., 2008. DVD (15 min.)

Description: Offers parenting tips and techniques for caring and feeding baby. Also available in Spanish.

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/storeitem.html?vid=20050104004&iid=177307&icode=84051&item=Caring+For+Your+Baby%3B+A+Launch+%26+Learn%28R%29+DVD)

[bete.com/onlinestore/storeitem.html?vid=20050104004&iid=177307&icode=84051&item=Caring+For+Your+Baby%3B+A+Launch+%26+Learn%28R%29+DVD](http://store.channing-bete.com/onlinestore/storeitem.html?vid=20050104004&iid=177307&icode=84051&item=Caring+For+Your+Baby%3B+A+Launch+%26+Learn%28R%29+DVD)

Childhood Nutrition: Preventing Obesity: Volume 1: Feeding Your Baby

InJoy Videos, 2005. DVD (19 min.)

Description: Provides nutrition and feeding guidance for parents. Discusses ways to begin introducing new foods. Also available in Spanish.

Ordering Information:

InJoy Videos

7107 La Vista Place

Longmont, CO 80503

Phone: 800-326-2082

Online ordering:

http://www.injoyvideos.com/product.php?proid=26&page=Childhood_Nutrition

Feeding Your Baby Solid Foods

Department of Biomedical Communications, Health Sciences Centre Winnipeg, 2007. DVD (19 min.)

Description: Helps parents guide baby from breastmilk/formula to solid foods and then to table foods and drinking from a cup. Also shows how to prepare homemade baby food.

Ordering Information:

Department of Biomedical Communications, Health Sciences Centre Winnipeg

Phone: 204-787-1527 Fax: 204-787-1215 Email: bmc@hsc.mb.ca



How to Make Baby Food

Fresh Baby LLC, 2009. DVD 22 min.

Description: Shows step-by-step instruction from selecting the right produce, making baby food, and then serving it.

Ordering Information:

Fresh Baby LLC

202 Grove Street

Petoskey, MI 49770

Phone: 866-40-FRESH (866-403-7374) Email: info@freshbaby.com

I Can Feed Myself! A Baby-Led Approach to Introducing Solid Foods

Platypus Media, 2006. DVD (17 min.)

Description: Explains how to transition the infant from breast milk or formula to solid foods. Provides guidance on when to start certain foods and how to encourage the infant to eat at his or her own pace.

Ordering Information:

Platypus Media

627 A Street, NE

Washington, DC 20002

Phone: 877-PLATYPS Fax: 202-546-2356

Online ordering: <http://www.platypusmedia.com/node/47>

Mother and New Baby Care

InJoy Videos, 2007.

Online Video Clips: <http://www.seewhatyouread.com> with booklet (50 pp.)

Description: Covers mother and new baby care, including feeding and caring for the infant. Includes a daily feeding log. Also available in Spanish.

Ordering Information:

InJoy Videos

7107 La Vista Place

Longmont, CO 80503

Phone: 800-326-2082

Online ordering:

[http://www.injoyvideos.com/product.php?proid=35&page=See What You Read: Mother and New Baby Care](http://www.injoyvideos.com/product.php?proid=35&page=See%20What%20You%20Read%3A%20Mother%20and%20New%20Baby%20Care)



Your Healthy Baby

Parents Action for Children, 2008. DVD (30 min.)

Description: Discusses health and nutrition during the first few years of a child's life, as well as the importance of well-child visits. Includes tips and guidance for breastfeeding, formula feeding and feeding complementary foods.

Ordering Information:

Parents' Action for Children

P.O. Box 2096

Culver City, CA 90231

Phone: 888-447-3400

Online ordering: <http://store.parentsactionstore.org/prostores/servlet/Detail?no=566>

IV. National Contacts

American Academy of Pediatric Dentistry

211 East Chicago Avenue, Suite 1700

Chicago, IL 60611-2637

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, IL 60606-6995

Phone: 800-877-1600

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

Baby-Friendly USA

327 Quaker Meeting House Road

E. Sandwich, MA 02537

Phone: 508-888-8092

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

Centers for Disease Control and Prevention

1600 Clifton Road

Atlanta, GA 30333

Phone: 800-232-4696

Web site: <http://www.cdc.gov/breastfeeding/>



Food and Drug Administration

10903 New Hampshire Avenue
Silver Spring, MD 20993
Phone: 888-INFO-FDA (888-463-6332)
Web site: <http://www.fda.gov/>

Human Milk Banking Association of North America

1500 Sunday Drive, Suite 102
Raleigh, NC 27607
Phone: 919-787-5181
Web site: <http://www.hmbana.org/>

International Lactation Consultants Association

2501 Aerial Center Parkway, Suite 103
Morrisville, NC 27560
Phone: 919-861-5577
Web site: <http://www.ilca.org/>

La Leche League International

P.O. Box 4079
Schaumburg, IL 60168-4079
Phone: 800-LALECHE (800-525-3243)
Web site: <http://www.llli.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

Health Resources and Services Administration
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

2000 N. Beauregard Street, 6th Floor
Alexandria, VA 22311
Phone: 703-837-4792
Web site: <http://www.hmhb.org/>



National Institute of Child Health and Human Development

P.O. Box 3006

Rockville, MD 20847

Phone: 800-370-2943

Web site: <http://www.nichd.nih.gov/index.cfm>

National Maternal and Child Oral Health Resource Center

Georgetown University

Box 571272

Washington, DC 20057-1272

Phone: 202-784-9771

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

National Women's Health Information Center

Office on Women's Health

Department of Health and Human Services

200 Independence Avenue, SW Room 712E

Washington, DC 20201

Phone: 800-994-9662

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

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/>

Zero to Three: National Center for Infants, Toddlers and Families

2000 M St. NW, Suite 200

Washington, DC 20036

Phone: 202-638-1144

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



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Acknowledgment is given to the following FNIC reviewers:

Janice K. Schneider, MS, RD, Nutrition Information Specialist
Shirley King Evans, EdM, RD, Budget Analyst/Mission Support

This publication was developed in part through a Cooperative Agreement with the Department of Nutrition and Food Science in the College of Agriculture and Natural Resources at the University of Maryland.

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Agricultural Research Service, USDA
National Agricultural Library, Room 105
10301 Baltimore Avenue
Beltsville, MD 20705-2351
Phone: 301-504-5414
Fax: 301-504-6409
TTY: 301-504-6856

Contact: <http://fnic.nal.usda.gov/contact>

Web site: <http://fnic.nal.usda.gov>

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