



Infant Nutrition and Feeding Resource List July 2008

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/topics/pregnancy/pregcon.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

Breastfeeding: A Mother's Gift, 3rd Edition

Pamela K. Wiggins, IBCLC, RLC

Franklin, VA: L.A. Publishing, LLC, 2006. 152 pp.

Description: Discusses the benefits of breastfeeding, how to do it successfully and how to resolve possible problems.

The Breastfeeding Answer Book: Pocket Guide Edition

Nancy Mohrbacher, IBCLC

Schaumburg, IL: La Leche League International, 2005. 244 pp.

Description: Highlights topics such as breastfeeding during emergencies, problems of the mother and infant, socio-economic difficulties, milk expression and storage, positioning and latching, premature infants, weaning and healthy weight gain.

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.

Medications and Mothers' Milk, 12th Edition

Thomas Hale, PhD

Amarillo, TX: Hale Publishing L.P., 2006. 936 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.

Nursing Mother, Working Mother, 2nd Edition

Gale Pryor and Kathleen Huggins, RN, MS

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

Description: Guides mothers in 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, 2005. 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

Baby Bistro Box

Christina Schmidt, MS

Santa Barbara, CA: Baby Bistro Brands, 2002.

Description: In recipe box format, presents advice, information and recipes based on child's age. Also provides nutrient needs and serving suggestions for the infant.

Baby Bites

Bridget Swinney, MS, RD

New York, NY: Meadowbrook Press, 2007. 500 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.



Blender Baby Food

Nicole Young and Nadine Day, RD
Toronto, Ontario: Robert Rose, 2005. 181 pp.

Description: Presents recipes specifically for certain stages of baby's development. Also shows how to tailor foods to meet the baby's preferences.

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

Elizabeth Ward, MS, RD
New York, NY: Penguin Group, Inc. 2005. 336 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.

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. Available in electronic format only.

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 in 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/Brochures/Fact Sheets

A. Breastfeeding

Breast Pumps

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.

Breastfed Babies are Healthier Babies

American Academy of Pediatrics, New York Chapter

Web site: <http://www.ny2aap.org/Breast.pdf>

Description: Provides information on the benefits of breastfeeding for mother and child and signs of proper feeding.

Breastfeeding Questions Answered: A Guide for Providers

Johns Hopkins Bloomberg School of Public Health

Web site: <http://www.infoforhealth.org/infoforeports/breastfeeding/inforpt5.pdf>

Description: Addresses questions about latching, milk production, and breastfeeding during illness or infection.

Breastfeeding - 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 different ways to hold the baby and how to determine if your methods are correct. Also available in Bosnian, Chinese, French, Hindi, Korean, Marshallese, Portuguese, Russian, Somali, and Vietnamese.

Dad's 10 Minute Breastfeeding Guide

Pamela Wiggins, IBCLC

L.A. Publishing

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

Description: Provides basic breastfeeding guidance for new fathers.

Ordering Information:

LA Publishing, LLC

P.O. Box 773

Franklin, VA 23851

Phone: 800-397-5833

Online ordering: <http://www.breastfeedingbooks.com/images/pdfs/orderform.pdf>



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.cfm>

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

Ordering Information:

Phone: 800-994-9662

MyPyramid in Action: Tips for Breastfeeding Moms

U.S. Department of Agriculture

Web site: <http://www.nal.usda.gov/wicworks/Topics/BreastfeedingFactSheet.pdf>

Description: Guides the mother in what she needs to eat during the different stages of breastfeeding.

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>

WIC Breastfeeding Resources

California Department of Health Services

Web site: <http://www.cdph.ca.gov/programs/wicworks/Pages/WIC-BFResource.aspx>

Description: Series of pamphlets. Topics include what to expect during the first week of breastfeeding, working and breastfeeding and breastfeeding in public.



B. General Nutrition

Facts for Feeding: Feeding Infants and Young Children During and After Illness

LINKAGES Project, Academy for Educational Development

Web site: http://www.linkagesproject.org/media/publications/Facts-for-Feeding-Illness_11-21-06.pdf

Description: Provides guidance on counseling caregivers and special considerations during common illnesses.

Feeding Your Baby Birth to 6 Months

Michigan State University Extension

Web site: <http://web2.msue.msu.edu/bulletins/Bulletin/PDF/WO1008.pdf>

Description: Includes feeding and safety tips for breastfeeding and formula-feeding mothers such as behavioral signs for when the baby is hungry or full.

Feeding Your Baby Birth to 8 Months

Washington State Department of Health

Web site: https://fortress.wa.gov/doh/here/materials/CRA_Detail.aspx?ID=379

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.

Ordering Information: Online ordering:

<https://fortress.wa.gov/doh/here/materials/hedcatalog.html>

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://www.channing-bete.com/>

Feeding Your Baby Six to Twelve Months

Michigan State University Extension

Web site: <http://web2.msue.msu.edu/bulletins/Bulletin/PDF/WO1017.pdf>

Description: Discusses what foods are appropriate for your child depending on his or her developmental stages.



Feeding Your Baby With Breast Milk or Formula

Food and Drug Administration

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

<http://www.fda.gov/opacom/lowlit/sfeedbby.pdf> (Spanish)

Description: Covers the benefits of breastfeeding for the baby and mother, how to prepare and store formula safely, and when it is appropriate to switch to cow's milk. Also available in Spanish.

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.

Help Me Be Healthy Series

Crabtree and Company, Inc.

Web site:

http://www.nal.usda.gov/wicworks/Sharing_Center/gallery/helpmebehealthy.htm

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

Ordering Information:

Crabtree and Company, Inc.

200 Park Avenue

Falls Church, VA 22046

Phone: 888-531-9001

Email: info@helpmebehealthy.net

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

Description: Gives tips about when to incorporate different food groups. Includes serving sizes and feeding advice as well. Also available in Spanish.

I'm Ready! Feeding Family Foods to Your Baby

Washington State Department of Health

Web site: https://fortress.wa.gov/doh/here/materials/CRA_Detail.aspx?ID=410

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

Ordering Information: Online ordering:

<https://fortress.wa.gov/doh/here/materials/hedcatalog.html>



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.

What You Should Know About Infant Nutrition

Channing Bete Company, Inc.

Description: Helps parents make important decisions on infant feeding. Discusses breastfeeding, bottle feeding, and starting complementary foods.

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://www.channing-bete.com/>

C. Oral 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.

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>



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 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.

Your Child's Teeth

Krames

Description: Covers how to care for your child's teeth and discusses problems such as tooth decay and thumb sucking.

Ordering Information:

Krames

780 Township Line Road

Yardley, PA 19067

Phone: 800-333-30321

Online ordering: <http://www.krames.com/> (search #9428)

III. Audiovisuals

A. 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/>



Breastfeeding and Returning to Work

Eagle Video Productions, 2006. 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: 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 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>



B. General Nutrition

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>

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:

Phone: 204-787-1527 Fax: 204-787-1215

Email: bmc@hsc.mb.ca

Mother and New Baby Care

InJoy Productions, Inc, 2007.

Online Video Clips: <http://www.seewhatyouread.com> 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>



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: 404-639-3311

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



Food and Drug Administration

5600 Fishers Lane
Rockville MD 20857-0001
Phone: 888-INFO-FDA

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

**Human Milk Banking Association of North America/
International Lactation Consultants Association**

1500 Sunday Drive, Suite 102
Raleigh, NC 27607
Phone: 919-861-5577

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

La Leche League International

P.O. Box 4079
Schaumburg, IL 60168-4079
Phone: 800-LALECHE

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 Fax: 202-784-9777
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/>

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

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