

1. Pamphlets Available Through Central Supply

*** Fetal Development/Effects of Drugs & Alcohol:**

- "How Your Baby Grows", March of Dimes.
- "Will My Drinking Hurt My Baby?", March of Dimes.
- "Be Good to Your Baby Before It's Born", March of Dimes.
(Spanish version also available).
- "Pregnant? Drugs and Alcohol Can Hurt Your Unborn Baby."
- "Why Start a Life Under a Cloud?", American Cancer Society.

*** Dealing with the Discomforts of Pregnancy:**

- "Relief from Common Discomforts of Pregnancy."
"El Alivio de las Molestias Comunes del Embarazo."

*** General Breastfeeding Pamphlets:**

- "Breastfeeding."
- "Leche de Mama: El Mejor Comienzo", La Leche League.
- "Breastfeed or Bottle Feed?"
"Dar Pecho o Dar Formula?"
- "Breastfeeding Doesn't Have to Be Embarrassing", Best Start Series.
- "Breastfeeding Can Help You Share a Special Bond With Your Baby", Best Start Series.
- "Breastfeeding Can Make You Feel Good About Yourself", Best Start Series.

* **Breastfeeding Techniques and Methods:**

- "Breastfeeding is Easy to Learn", Best Start Series.
- "Breastfeeding: Getting Started in 5 Easy Steps."
"Lactancia Materna: Como Empezar Siguiendo 5 Sencillos Pasos."
- "Breast Massage and Hand Expression."
- "Nursing is Easy When You Know How."
"Amamantar Es Facil Cuando Usted Saba Como."
- "Prenatal Breast Care."
- "Weaning Your Breastfed Baby."

* **Drugs in Breastmilk:**

- "Drugs and Medications in Breastmilk."

* **Breastfeeding: Special Situations/Problems:**

- "Breastfeeding Problems Can be Avoided."
- "Crying and Colic in Babies."
- "Breastfeeding Your Twins."
- "Breastfeeding After a Cesarian."
- "Teens Can Breastfeed."

* **Breastfeeding at Work or School:**

- "Time Out for Breastfeeding Mothers."
- "Breastfeeding: Those First Few Weeks At Home."
- "Working and Breastfeeding," La Leche League.

- "Breastfeeding Doesn't Have To Tie You Down", Best Start Series.
- "Breastfeeding Won't Keep You From Doing What You Want To Do", Best Start Series.

* **Breastfeeding and Relatives:**

- "Fathers Ask Questions About Breastfeeding."
- "If Your Grandchild is Breastfed."
- "Breastfeeding Can Make Your Baby's Father More Loving", Best Start Series.
- "Breastfeeding Can Make Your Family and Friends Proud", Best Start Series.
- "Breastfeeding Can Make Grandmothers More Loving", Best Start Series.

* **Breastfeeding and Nutrition:**

- "Breastfeeding Doesn't Have To Change the Way You Eat", Best Start Series.

* **Infant Nutrition Education:**

- "Feeding Your Baby - Birth".
- "Feeding Your Baby - 4 to 6 months".
- "Feeding Your Baby - 6 to 8 months".
- "Feeding Your Baby - 8 to 12 months".
- "Making Your Own Baby Food".

2. Posters Available from Central Supply

- **March of Dimes Poster of Fetal Development.
(Both English & Spanish Available).**

- **Best Start Series:
Breastfeeding Can Help Your Baby's Brain Grow.

Breastfeeding Can Make You Feel Good About Yourself.

Breastfeeding Doesn't Have to Be Embarrassing.

Breastfeeding Can Keep Your Baby from Getting Sick.

Some People Say Breastfeeding is Old-fashioned...
(Both English and Spanish).**

- **A World Wide Celebration of the Importance of Breastfeeding.....Supporting the
Baby Friendly Hospital Initiative.**