Infant Nutrition and Health Resource List
November 2013

This publication is a collection of resources on the topic of infant nutrition and health. Resources include books, pamphlets and Web sites. 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 can be either borrowed from your local library or purchased from your local book store.

Materials may 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.


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I. Books

A. Breastfeeding

**Baby-led Breastfeeding: Follow Your Baby's Instincts for Relaxed and Easy Nursing**
Gill Rapley and Tracey Murkett
**Description:** Provides guidance for mothers on their baby's unique and natural breastfeeding pattern.

**Balancing Breast and Bottle**
Amy Peterson, BS, IBCLC and Mindy Harmer, MA, CCC-SLP
**Description:** Aims to support the breastfeeding mother who wishes to continue breastfeeding during periods of separation. Includes guidance for pumping breast milk as well as addresses ways to support and maintain the breastfeeding relationship.

**Breastfeeding: Keep it Simple**
Amy Spangler, MN, RN, IBCLC
**Description:** Shares breastfeeding guidance to women in a question and answer format. Includes resources for additional information.

**Breastfeeding Solutions: Quick Tips for the Most Common Nursing Challenges**
Nancy Mohrbacher, IBCLC, FILCA
**Description:** Offers breastfeeding mothers with solutions to common issues that arise during breastfeeding.

**Medications and Mothers' Milk, 15th Edition**
Thomas Hale, PhD
**Description:** Includes pharmacological advice for lactation consultants, nurses, physicians and nursing mothers. Discusses the effects of various drugs, vitamins, and herbs on breast milk.

**New Mother's Guide to Breastfeeding, 2nd Edition**
The American Academy of Pediatrics
**Description:** Provides breastfeeding and nutrition information for the mother and baby.

**Nonprescription Drugs for the Breastfeeding Mother, 2nd Edition**
Frank J. Nice, RPh, DPA, CPHP
**Description:** Offers guidelines and recommendations for safely using over the counter medications while breastfeeding. Also discusses the use of dietary supplements and herbals.
Supporting Sucking Skills in Breastfeeding Infants, 2nd Edition
Catherine Watson Genna
**Description:** Discusses normal sucking function as well as anatomical functions, developmental respiratory issues, prematurity, and mild neurological deficits.

The Womanly Art of Breastfeeding, 8th Revised Edition
La Leche League International
**Description:** Contains information based on scientific research and the experiences of breastfeeding mothers; includes discussion of toddler nursing and weaning practices.

**B. General Nutrition and Health**

The Best Homemade Baby Food on the Planet: Know What Goes into Every Bite with More than 200 of the Most Deliciously Nutritious Homemade Baby Food Recipes
Karin Knight, RN and Tina Ruggiero, MS, RD, LD
**Description:** Displays recipes with step by step instructions and photos for many of the recipes. Recipes are separated by month depending on baby’s age and stage of development. Also includes recipes for toddlers.

The Better Way to Care for Your Baby
Robin Elise Weiss, LCCE, CLC
**Description:** Guides new mothers during the infant’s first year. Includes milestones, warning signs and a checklist of accomplishments for each month.

Eat, Sleep, Poop
Scott W. Cohen, MD, FAAP
**Description:** Focuses on basic functions of an infant during the first year of life. Addresses questions and strategies for each topic with medical recommendations and personal experiences.

Food Fights
Laura A. Jana, MD, FAAP; Jennifer Shu, MD, FAAP
**Description:** Provides solutions for daily nutritional challenges. Topics include picky eaters, portion size, grocery shopping, and healthy snacking.

Heading Home with Your Newborn: From Birth to Reality
Laura A. Jana MD, FAAP; Jennifer Shu MD, FAAP
**Description:** Offers guidance for parents of newborns. It includes information on appearance, health, feeding, dressing, etc.
So Easy Baby Food Basics: Homemade Baby Food in Less Than 30 Minutes Per Week
Cheryl Tallman
**Description:** Offers tips and guidance to start making baby food. Chapters are broken down by food groups and include food safety tips, nutrition information, and lists of kitchen tools needed. Photos of steps in preparing foods are also included.

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

**A. Breastfeeding**

**Breastfeeding Cards**
Nutrition Matters, Inc.
**Description:** Offers information for breastfeeding mothers, especially during the baby’s first month.

**Ordering Information:**
Phone: 715-831-1822
Online ordering: [http://stores.intuitwebsites.com/NutritionMattersInc/-strse-17/Baby%27s-First-Month/Detail.bok](http://stores.intuitwebsites.com/NutritionMattersInc/-strse-17/Baby%27s-First-Month/Detail.bok)

**Breastfeeding - Multiple Languages**
Medline Plus, U.S. National Library of Medicine
**Description:** Discusses common concerns in a question and answer format. Topics include initiating breastfeeding, positioning, pumping and storing breast milk. Also available in Arabic, Bosnian, Chinese, French, Hindi, Hmong, Japanese, Korean, Marshallese, Portuguese, Russian, Somali, Spanish and Vietnamese.

**Breast Pumps**
U.S. Food and Drug Administration
**Web site:** [http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/BreastPumps/default.htm](http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/HomeHealthandConsumer/ConsumerProducts/BreastPumps/default.htm)
**Description:** Gives information on how to choose, use and clean a breast pump.

**Dad + Baby: A 10 Minute Breastfeeding Guide**
Pamela Wiggins, IBCLC
L.A. Publishing
**Description:** Provides breastfeeding guidance for new fathers in a magazine format. Highlights the advantages of breastfeeding, as well as addresses common concerns. Also available in Spanish.

**Ordering Information:**
Phone: 800-397-5833
Dads and Breastfeeding
Channing Bete Company, Inc.
Description: Helps fathers learn to be more involved and supportive of a breastfeeding mother and child. Underscores the importance of the father’s role and details why breastfeeding is important to a child’s development.
Ordering Information:
Phone: 800-477-4776   Email: custsvcs@channing-bete.com
Online ordering: http://shop.channing-bete.com/onlinestore/store.html?cid=2716&r=y (Item #85618 English, #85626 Spanish)

Daily Food Plans for Pregnancy and Breastfeeding
Center for Nutrition Policy and Promotion, U.S. Department of Agriculture
Web site: http://www.choosemyplate.gov/pregnancy-breastfeeding.html
Description: Covers tips and guidance for the pregnant and breastfeeding woman in an individualized format.

It’s Only Natural
Web site: http://www.womenshealth.gov/itsonlynatural/
Description: Helps African-American women and their families understand the health benefits of breastfeeding—not just for babies, but for moms too.

Mom + Baby: A Modern Guide to Breastfeeding
Pamela Wiggins, IBCLC
L.A. Publishing
Description: Gives breastfeeding guidance for new mothers in a magazine format. Highlights what to do when returning to work, starting complementary foods, and how to handle common problems that may arise. Also available in Spanish.
Ordering Information:
Phone: 800-397-5833

Tips for Breastfeeding Moms
Food and Nutrition Service, U.S. Department of Agriculture
Description: Offers a daily meal plan and tips for healthy eating and physical activity for the breastfeeding mom. Based on MyPlate. Also available in Spanish.

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
Description: Discusses when to wean and gives tips for the weaning process.
Your Guide to Breastfeeding
National Women’s Health Information Center, U.S. Department of Health and Human Services
Description: Provides women with information and support to breastfeed successfully. Explains why breastfeeding is best and how loved ones can support a mother's decision to breastfeed. African-American version available too.

B. General Nutrition and Health

Baby: 0 – 12 Months
American Academy of Pediatrics
Web site: http://www.healthychildren.org/English/ages-stages/baby/Pages/default.aspx
Description: Presents a variety of resources for parents and caregivers on infant health and nutrition.

Baby Feeding and Baby Stages Cards
Nutrition Matters, Inc.
Description: Provides information on infant feeding topics, as well as infant developmental stages.
Ordering Information:
Phone: 715-831-1822
Online ordering: http://stores.intuitwebsites.com/NutritionMattersInc/StoreFront.bok

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. Also available in Spanish.
Ordering Information:
Phone: 800-477-4776  Email: custsvcs@channing-bete.com
Online ordering: http://shop.channing-bete.com/onlinestore/store.html?cid=2716&r=y (Item # 83402 English, # 83705 Spanish)

First Steps to a Healthy Smile
American Academy of Pediatrics
Description: Contains information on caring for a child's teeth, from birth until 2 years, and tips on preventing tooth decay.

Formula Feeding FAQs: How Much and How Often
Nemours Foundation
Description: Informs caregivers how to detect an infant’s hunger cues, prepare bottles, and ensure he or she is eating enough.
Good Eating Habits for Infants
Channing Bete Company, Inc.
Description: Guides parents and caregivers who need to wean a child from the bottle and teach him or her to use a spoon and cup. Offers tips on healthy eating habits and as well as readiness guidelines.
Ordering Information:
Phone: 800-477-4776   Email: custsvcs@channing-bete.com
Online ordering: http://shop.channing-bete.com/onlinestore/store.html?cid=2716&r=y (Item # 85740 English, # 85757 Spanish)

A Healthy Mouth for Your Baby
National Institute of Dental and Craniofacial Research, U.S. Department of Health and Human Services
Description: Provides information on preventing tooth decay, checking and cleaning your baby’s teeth and the importance of fluoride.
Ordering Information:
Phone: 301-402-7364

A Healthy Smile for Your Baby
Georgetown University, National Maternal and Child Oral Health Resource Center
Description: Focuses on keeping baby’s teeth clean and healthy, as well as recommends foods that promote positive dental health.
Ordering Information:
Phone: 202-784-9771   Email: OHRCinfo@georgetown.edu
Online ordering: http://www.mchoralhealth.org/order/index.html

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:
Phone: 888-531-9001 x102   Email: info@helpmebehealthy.net
Online ordering: http://helpmebehealthy.net/pamphlets.html

Infant Nutrition
Channing Bete Company, Inc.
Description: Promotes breast milk, but explains that using formula is sometimes necessary. Teaches parents how to recognize when an infant is ready to transition to solid foods. Provides a food chart for a baby's first year.
Ordering Information:
Phone: 800-477-4776   Email: custsvcs@channing-bete.com
Online ordering: http://shop.channing-bete.com/onlinestore/store.html?cid=2716&r=y (Item # 85806 English, # 85814 Spanish)
Learn the Signs. Act Early.
Centers for Disease Control and Prevention, U.S. Department of Health
Description: Gives parents and caregivers tools and guidance to help them observe and understand developmental milestones in the growth of infants and young children.

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.

Text4Baby
National Healthy Mothers, Healthy Babies Coalition.
Web site: http://www.text4baby.org/
Description: Offers a free mobile information service designed to promote maternal and child health. Provides pregnant women and new moms with information they need to take care of their health and their baby’s. Women who sign up for the service by texting BABY (or BEBE for Spanish) to 511411 will receive free SMS text messages each week, timed to their due date or baby’s date of birth.

III. National Contacts

Academy of Nutrition and Dietetics
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
Phone: 800-877-1600  Web site: http://www.eatright.org

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/

Baby-Friendly Hospital Initiative
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, NE, E-67
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/

International Lactation Consultants Association
2501 Aerial Center Parkway, Suite 103
Morrisville, NC 27560
Phone: 888-452-2478  Web site:  http://www.ilca.org/

La Leche League International
957 N. Plum Grove Road
Schaumburg, IL 60173
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
4401 Ford Avenue Suite 300
Alexandria, VA 22302
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
2115 Wisconsin Avenue, N.W., Suite 601
Washington, DC 20007-2292
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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