



## RECOMMENDED BOOKS AVAILABLE IN THE PALM BEACH COUNTY LIBRARY SYSTEM

The Breastfeeding Coalition of Palm Beach County is proud to have initiated a "library project" to donate additional titles to the PBC Library system that would help support breastfeeding families.

The following books are recommended and available for check out:

**Breastfeeding An Adopted Baby And Relactation**, Hormann, Elizabeth.

**Breastfeeding Made Simple : Seven Natural Laws For Nursing Mothers**, Mohrbacher, Nancy

**Breastfeeding Your Baby**, Kitzinger, Sheila.

**Breastfeeding Your Premature Baby**, Gotsch, Gwen.

**Defining Your Own Success : Breastfeeding After Breast Reduction Surgery**, West, Diana.

**How Weaning Happens**, Bengson, Diane.

**Mothering Multiples : Breastfeeding & Caring For Twins Or More**, Gromada, Karen Kerkhoff

**Mothering Your Nursing Toddler**, Bumgarner, Norma Jane.

**Nighttime Parenting : How To Get Your Baby And Child To Sleep**, Sears, William, M.D.

**Nursing Mother, Working Mother : The Essential Guide For Breastfeeding And Staying Close To Your Baby After You Return To Work**, Pryor, Gale

**Nursing Your Baby**, Pryor, Karen

**The Baby Book : Everything You Need To Know About Your Baby--From Birth To Age Two**, Sears, William, M.D.

**The Family Nutrition Book : Everything You Need To Know About Feeding Your Children From Birth Through Adolescence**, Sears, William, M.D.

**The Fussy Baby : How To Bring Out The Best In Your High-Need Child**, Sears, William, M.D.

**The Ultimate Breastfeeding Book Of Answers : The Most Comprehensive Problem-Solving Guide To Breastfeeding From The Foremost Expert In North America**, Newman, Jack.

**The Womanly Art Of Breastfeeding**, Torgus, Judy - La Leche League International

***Available In Spanish:***

**Lactancia : Una Guía Para Los Padres**, Spangler, Amy

**El Arte Femenino De Amamantar**, La Leche League International.

Various books, pamphlets, tear-off sheets, Audio/CD, gift packs, posters, videos, children's books, parenting, childbirth & nutrition information are available to borrow from your local La Leche League

Group or for purchase at <http://store.llli.org/public>

Visit [www.pbcbreastfeeding.org](http://www.pbcbreastfeeding.org)

Palm Beach County Breastfeeding Coalition

P.O. Box 30412 • Palm Beach Gardens, FL 33420-0412 • (561) 655-6953