

# BRILLIANT BREASTFEEDING BOOKS

*By Karen Temple and Lucia Leyfield (Breastfeeding Counsellors)*

All the books we have chosen have been reviewed and enjoyed by ourselves, our tutorial group and breastfeeding mums who we have supported. All of them are aimed at parents rather than medical professions so they are easily digested even if you have a serious problem with 'placenta brain' and/or sleep deprivation!

## **1. Bestfeeding: why breastfeeding is best for you and your baby**

By Mary Renfrew, Chloe Fisher and Suzanne Arms (Celestial, 2004).

As well as having an exquisite cover, this book is well written and informative. Less of a 'manual', more of a resource of interesting information.

## **2. The NCT Book of Breastfeeding**

By Mary Smale (NCT 1999)

A fab book. Very friendly with lots of wonderful 'Smale-isms'. Mary is a Breast Feeding Counsellor for the NCT as well as a tutor, doctor, mother and grandmother.

## **3. Understanding your Crying Baby**

By Sheila Kitzinger (Carol and Brown, 2005)

Whilst not strictly about breastfeeding, this book provides fascinating insight into our babies needs. There are two chapters which specifically relate to feeding but the book as a whole is a useful addition to any bookshelf.

## **4. Breastfeeding for Beginners**

By Caroline Deacon (NCT, 2002)

A really easy and friendly read about understanding breastfeeding and getting started. It answers lots of common questions and is very informative throughout.

## **5. BabyCalming**

By Caroline Deacon

A book that aims to help the reader understand why babies do what they do. It focuses on sleep ....

In addition to books for parents we thought that it may be of interest to those of you expecting your second/ third/ forth/ fifth baby to have a list of

children's books which contain illustrations of breastfeeding. Please email one of us (details on back cover) if you have enjoyed others.

- How are babies made? (Usbourne)
- The New Baby (Usbourne)
- The Baby's Catalogue by Janet and Allan Ahlberg
- My Baby Sister by Frank Enderby, (1985)
- Daniel's Dog by Jo Ellen Bogart, (1990)
- Katie, Morag and the Tiresome Ted by Mairi Hedderwick, (Red Fox)
- Rosie's Babies by Martin Waddell and Penny Dale