**LLL Barnet Library**

(November 2013)

1. **The Womanly Art of Breastfeeding 8th edition**

 **(3 copies)**

It's no secret that breastfeeding is the normal, healthy way to nourish and nurture your baby. Dedicated to supporting breastfeeding and expectant mothers, the internationally respected La Leche League has set the standard for educating and empowering mothers in this natural art for generations.

Now their classic bestselling guide has been reworked, refocused, and updated for today's mothers and lifestyles.  Working mothers, stay-at-home mums, single mums, and mothers of multiples will all benefit from the book's range of breastfeeding information and stories from preparing for breastfeeding during pregnancy to feeding cues, from nursing positions to expressing and storing breastmilk.

With all-new photos and illustrations, this completely revised and updated eighth edition offers: real-mum wisdom on breastfeeding comfortably from avoiding sore nipples to simply enjoying the amazing bonding experience new insights into old approaches towards latching and attaching, ages and stages, and answers to the most-asked questions strategies for mums who choose to breastfeed for a short time or who plan to breastfeed for a year or more reassuring information on nursing after a C-section or delivery complications recent scientific data that highlight the many lifelong health benefits of breastfeeding helpful tips for building your support network at home or when back at work breastfeeding special-needs infants, premature babies, and multiples, and ensuring your baby thrives no matter what your situation guidance on breast health issues, weight gain, child care, colic, postnatal depression, food allergies, and medications.

Plus Internet references for further information, including La Leche League support sites and groups. Mothers bringing babies into a new world want sustainable, healthy, positive ways to help their children blossom and thrive.

There is no better beginning for your baby than the womanly art of breastfeeding. This definitive guide from La Leche League International has a wonderfully warm, friendly, and highly accessible approach.

The Womanly Art of Breastfeeding is the book no breastfeeding mum should be without.

RRP £13.99

Authors: Diane Wiessinger, Diana West and Teresa Pitman
Paperback
Publisher: Pinter & Martin Ltd.; 8th Revised edition edition (13 July 2010)
ISBN-10: 1905177402
ISBN-13: 978-1905177400

880g

### How To Talk So Kids Will Listen and Listen So Kids Will Talk

### A description...

Described as “the parenting bible”, How to Talk So Kids Will Listen … is an international bestseller with over 3 million copies sold. This new edition, published on the book’s 30th anniversary, is as valuable and effective today as when it first came out. Experts Adele Faber and Elaine Mazlish provide step by step techniques to enable parents to improve and enrich their relationships with their children. They teach how to:

-Break a pattern of arguments
-Cope with negative feelings
-Engage your child’s co-operation
-Set clear limits and still maintain goodwill
-Express your emotions without being hurtful
-Resolve conflicts peacefully

RRP £12.99
Paperback: 304 pages
Publisher: Piccadilly Press (1 Jan 2013)
ISBN-10: 1848123094
ISBN-13: 978-1848123090
305g

### Adventures in Tandem Nursing Breastfeeding During Pregnancy and Beyond (2 copies)

### A description...

Invaluable resource, personal stories, helpful information and support. Lots of answers to many of the questions mothers can have when they find they are pregnant and are breastfeeding an older baby.

 **Author:** Hilary Flower

 **Year:** 2003

 **Pages:** 330

 **ISBN-10:** 0912500972

 **ISBN-13:** 978-0912500973

###  590g

### Complementary Feeding: Nutrition, Culture and Politics

### A description...

Gabrielle Palmer’s groundbreaking book [The Politics of Breastfeeding](http://www.lllgbbooks.co.uk/product/333/the_politics_of_breastfeeding_book/default.aspx) highlighted the controversies surrounding the aggressive promotion of breastmilk substitutes. She now turns her attention to complementary feeding – the first foods that a child eats besides milk.

For most of human existence, children went without industrially processed foods and branded food products. Can we applaud the progress of the way children are fed today? In our unequal world one billion people risk their health through overconsumption while two billion people are hungry. The health problems of both groups start in early childhood.

The power and influence of the food industry has increased dramatically in recent decades. Seductive and often unethical modern marketing methods have led to the promotion of unsuitable, unnecessary and sometimes harmful baby foods. Yet not all industrially processed foods are bad and not all ‘natural’ foods are good. Both poor and rich children may be inappropriately fed.

What lessons can we learn from history? How do cultural and religious beliefs influence the choice of food? Can government initiatives have any effect? How can we provide good nutrition for all infants? This brief, compassionate and thought-provoking new book will be of interest to anyone who is curious about the world, its children and their nutrition, and will stimulate discussion and debate as part of the campaign to create a world where health for all is a true goal.

Title also available in our [Gabrielle Palmer's set](http://www.lllgbbooks.co.uk/product/545/The-Politics-of-Breastfeeding-and-Complementary-Feeding-book-set/default.aspx).

RRP:£9.99
Author:Gabrielle Palmer
Published by Pinter and Martin Ltd
1st Edition
ISBN: 978-1-905177-42-4
paperback
180g

### My Child Wont Eat (2 copies) 2005 & 2012 (1st and 2nd editions)

### A description...

Parents everywhere worry when their baby or toddler doesn't seem to eat as much as they think he should. Carlos González, a paediatrician and father, sets those fears to rest as he explores the reasons why a child refuses food, the pitfalls of growth charts, and the ways that growth and activity affect a child's calorific needs. He discusses how eating problems start and how they can be avoided.
My Child Won't Eat includes mothers' stories of the anguish and torment they have gone through in trying to get their children to eat. Carlos González reassures parents that children know how much they need to eat and explains why a parent's only involvement should be in providing healthy food choices. Forcing a child to eat more than he needs can only lead to tears, tantrums and, eventually, possibly even obesity.

Questions Carlos González answers include:
•Why won’t my child eat?
•How much does a child need to eat?
•Why don’t children like vegetables?
•What does it mean to breastfeed on demand?
•When should my baby start to eat solid foods?

RRP £10.99
Author: Carlos González
2nd edition
Published February 2012
ISBN-13: 978-1-78066-005-9
270g

### Nursing Mother, Working Mother, Revised Edition

### A description...

The Essential Guide to Breastfeeding Your Baby Before and After You Return to Work

By [Gale Pryor](http://www.harvardcommonpress.com/gale-pryor/), [Kathleen Huggins](http://www.harvardcommonpress.com/kathleen-huggins/)

First published in 1997, this award-winning breastfeeding guide for mothers who work outside the home includes information on the benefits of breastfeeding for working moms and their babies, how to ensure early breastfeeding success, how to choose the right pump in every situation, securing lactation space and respect at the workplace, instructing childcare providers on feeding pumped breast milk, and continuing breastfeeding even when a job requires business travel.

Updates to the revised edition include the legal rights of breastfeeding mothers, new research on working moms and infant attachment, and new information by best-selling author and lactation expert Kathleen Huggins on breast pumps and pumping that includes instructions for childcare providers on feeding babies pumped breast milk and how working moms can maintain milk production. The book also includes helpful new illustrations, making it even more appealing and accessible. Mothers need guidance and support to combine breastfeeding with their working lives, and the reassuring and informative revised edition of *Nursing Mother, Working Mother* assists them at every step.

1. **The Politics of Breastfeeding**



Every thirty seconds a baby dies from infections due to a lack of breastfeeding and the use of bottles, artificial milks and other risky products. In her powerful book Gabrielle Palmer describes how big business uses subtle techniques to pressure parents to use alternatives to breastmilk. The infant feeding product companies’ thirst for profit systematically undermines mothers’ confidence in their ability to breastfeed their babies.

An essential and inspirational eye-opener, The Politics of Breastfeeding challenges our complacency about how we feed our children and radically reappraises a subject which concerns not only mothers, but everyone: man or woman, parent or childless, old or young.

title also available in our [Gabrielle Palmer's set.](http://www.lllgbbooks.co.uk/product/545/The-Politics-of-Breastfeeding-and-Complementary-Feeding-book-set/default.aspx)

RRP £9.99

Author: Gabrielle Palmer

Paperback: 352 pages

Publisher: Pinter & Martin Ltd.; 3rd Revised edition edition (2009)

ISBN-10: 190517716X

ISBN-13: 978-1905177165

530g

1. **An Introduction to Biological Nurturing**



Most health professionals believe that mothers need to be taught how to breastfeed. This book describes new research evidence suggesting that mothers and babies innately know how to breastfeed, and introduces a new approach called biological nurturing. Biological nurturing is a collective term for optimal
breastfeeding states and positions whose interaction release spontaneous behaviours helping mothers and babies get started with feeding.

Biological nurturing is quick and easy to do. Most moms and babies automatically move into the correct positions if left on their own. The challenge for health professionals lies with understanding the releasing mechanisms and learning how to help mothers and babies do what comes naturally. This book restores
confidence in nature's biological design and in mothers' innate capacity to breastfeed.

"Dr. Suzanne Colson is one of my heroes because her thoughtful and careful research and the conclusions she has drawn from this research have finally brought common sense into the discussion of breastfeeding."
Ina May Gaskin, CNM, Ph.D., Author, Spiritual Midwifery and Ina May's Guide to Breastfeeding

"Colson's mentor, French obstetrician Michel Odent, changed the way we think about birth. In this book, Suzanne Colson does the same for breastfeeding. Get ready to rethink-like I did-many of your most basic breastfeeding assumptions and learn some revolutionary new ways to help mothers and babies. This book will change your life!"
Nancy Mohrbacher, IBCLC, FILCA, Author, Breastfeeding Answers Made Simple, co-author, Breastfeeding Made Simple

RRP £14.99
Author: Suzanne Colson
ISBN: 978-0-9845039-3-3
Copyright: 2010
Total Pages: 136
Softcover, 350g

1. **Sleeping with Your Baby: A Parents Guide to Cosleeping**



by James J. McKenna, Ph.D.

Trusted advice from the world's authority on cosleeping; your guide to understanding how to make nighttimes with your baby safe, fun and relaxing.

Whether you do it occassionally or every night, do it safely.

 **ISBN-10:** 1930775342

 **ISBN-13:** 978-1930775343

 230g

1. **Mothering your Nursing Toddler (2 copies)**



by Norma Jane Bumgarner

A lively discussion of breastfeeding beyond the first year of life. Considers the importance of the breastfeeding relationship, natural weaning, and society's expectations vs. the child's and/or family's needs.

Paperback: 308 pages

Publisher: La Leche League International; Rev. Ed edition (Feb 2000)

ISBN-10: 0912500522

ISBN-13: 978-0912500522 540g

1. **How Weaning Happens (Diane Bengson) LLLI 1999.**
2. **Adventures in Gentle Discipline (Hilary Flower) LLLI 2005.**
3. **Bestfeeding (Mary Renfrew, Chloe Fisher, Suzanne Arms) 1990.**
4. **Kangaroo Care (Susan M. Ludington-Hoe, Ph.D with Susan K. Golant) 1993.**
5. **Breastfeeding and Natural Child Spacing (Sheila Matgen Kippley) 1999.**
6. **The Breastfeeding Guide for the Working Woman (Anne Price, Nancy Bamford) 1983.**
7. **Saggy Boobs and other Breastfeeding Myths (Valerie Finigan) 2009.**
8. **Mothering Multiples (Karen Kerkhoff Gromada) LLLI 1999.**
9. **Ina May’s Guide to Childbirth (Ina May Gaskin) 2008.**
10. **Becoming a Father (William Sears) LLLI 2000.**
11. **Baby-led Weaning (Gill Rapley & Tracey Murkett) 2008.**
12. **The Family Bed (Tine Thevenin) 1987.**
13. **The Fussy Baby Book (William and Martha Sears) 1996.**
14. **Breastfeeding Your Premature Baby (LLLI 1999.)**
15. **Motherwise. 101 Tips for a New Mother (Alice Bolster) LLLI 1998.**
16. **The Positive Birth Book (Milli Hill) Pinter and Martin 2017.**

Work out what kind of birth you really want, and learn how to maximise your chances of getting it, in this refreshing, warm and witty guide to pregnancy, birth and the early weeks. Packed with vital and cutting-edge information on everything from building the ultimate birth plan, to your choices and rights in the birth room; from optimal cord clamping, to seeding the microbiome; from the inside track on breastfeeding, to woman-centred caesarean, *The Positive Birth Book* shows you how to have the best possible birth, regardless of whether you plan to have your baby in hospital, in the birth centre, at home or by elective caesarean. Find out how the environment you give birth in, your mindset and your expectations can influence the kind of birth you have, and be inspired by the voices of real women, who tell you the truth about what giving birth really feels like.

Challenging negativity and fear of childbirth, and brimming with everything you need to know about labour, birth, and the early days of parenting, *The Positive Birth Book* is the must-have birth book for women of the 21st century.

1. **What Does Baby Want? (Tupera Tupera) baby board book 2017.**
2. **Milky Moments (Ellie Stoneley, Jessica D'Alton Goode) 2015.**