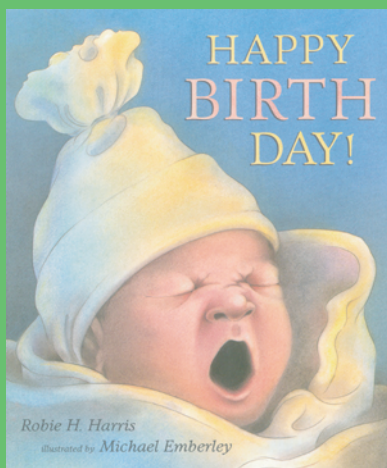
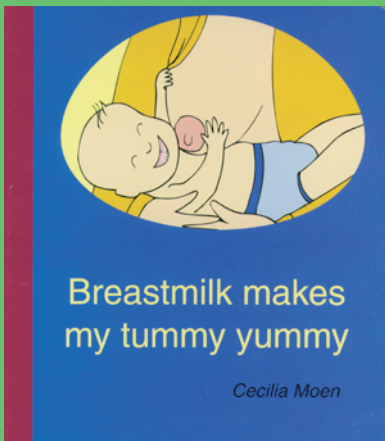
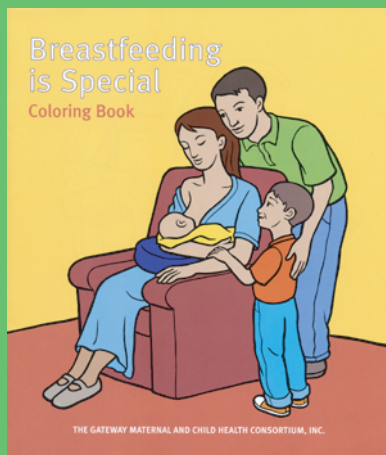


# Breastfeeding Resources



*This bibliography of children's books has been compiled to help us create a more visible and positive culture where "breastfeeding is the norm."*

#### Features of this list include;

- Canadian items identified
- ISBN numbers
- Items from La Leche League (Canada & International)
- Identification of "Collector's Items" - books that are out of print but are still available at a reasonable cost

#### Who Can Use This?

People at...

- |                     |                   |
|---------------------|-------------------|
| • libraries         | • health units    |
| • schools           | • Dr's offices    |
| • family centers    | • dental offices  |
| • day cares         | Also ideas for... |
| • playschools       | • birthday gifts  |
| • Sunday schools    | • baby gifts      |
| • BF support groups | • door prizes     |

*I have purchased most of these items and have created a display with the hope that seeing the books might encourage more people to buy them. the display is available for workshops and other related events. The cost of using the display would be for shipping (by bus) or mailing.*

*Please help keep this list current and comprehensive - let me know if there are any new and/or missing items.*

*Dianne Nikiforuk RN, B.Sc.N., IBCLC  
P.O. Box 7468, Drayton Valley, Alberta T7A 1S6  
ph: (780) 542-5653 fax: (780) 542-2708  
email: ronaldmnikiforuk@mac.com*



**Ahlberg, Janet & Allen**

**The Baby's Catalogue**

Little, Brown & Company,  
1982 & 1986

A catalogue designed just to appeal to babies and their older siblings. Follows five British families through a day from 4 am until midnight. One of the babies is breastfed. Lots to see in the delightful pictures. Ages 1 - 10.

ISBN (HC) 0-316-02037-0  
(PB) 0-316-02038-9



**Alik**

**Welcome, Little Baby**

Green Willow Books, New York

In loving words and tender pictures, Alik celebrates the miracle of life. Whether the new baby is your brother, sister, friend or child, this book is a wonderful welcome for the newest member of any family. Ages 2+

ISBN (HC) 0-688-06810-3 22 pgs  
William Morrow  
(HC)0-688-12665-0



**Arnholt, Lawrence**

**Sophie and the New Baby**

Illustrated by Catherine Arnholt  
Albert Whitman & Co.

Sophie enjoys playing with her rag doll so imagine her excitement when her parents tell her she'll have a real baby to play! Sophie finds that things don't always turn out the way she expects. This tale will delight children who suddenly find themselves sharing their parents with a new sibling.

ISBN 0-8075-7550-X 32 pgs  
La Leche League Intern'l



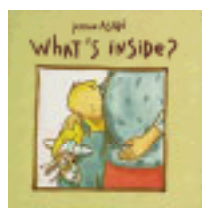
**Ashbe', Jeanne**

**And After That**

A Curious Nell Book  
Kane/Miller Book Publishers

This delightful book, a loving sequel to *What's Inside?*, engages the child with colorful and funny tents and flaps that are lifted to reveal what happens next. The main focus is to show the child that although there will be changes after her new sibling arrives, they aren't necessarily bad ones.

ISBN 1-929132-24-7 15 pgs  
Board Book



**Ashbe', Jeanne**

**What's Inside?**

A Curious Nell Book  
Kane/Miller Book Publishers 2000

This ongoing board book depicts the inner workings of various objects, such as a gift box, a watermelon, and a ball using lift ups flips to reveal "what's inside". The story leads up to what's inside mommy while she is pregnant with a new baby brother or sister.

ISBN 0-916291-97-9 12 pgs  
Board Book



**Baur, Marion Dane**

**If You Were Born a Kitten**

Illustrated by JoEllen M. Stammen

Little Simon, Simon & Schuster,  
New York

This sturdy board book edition of the best-selling picture book introduces baby animals and thier parents. This celebration of the miracle of childbirth ends with the most special baby of all - you! Ages 2+

ISBN 0-689-85329-7 28 pgs



*Burn, Valerie Elizabeth, et al*

**Antoine devient grand frère**

Illustrated by Anne Michaud

Les éditions du soleil de minuit,  
1999 (Available c/o CLCA/ACCH  
Treasurer, 321-3rd St.S., Apt3, Kenora,  
Ont P9N 1H8 pdtremblay@ktms.ca)

Antoine sera bientôt grand frère. Un bébé dort dans le ventre de sa maman. Viens faire la connaissance d'Antoine, et suivre quelques petits moments de sa vie avec ses parents et son nouveau bébé.

ISBN 2-9805802-2-8

22 pgs  
Canadian



*Camp, Lindsay*

**The Biggest Bed in the World**

Illustrated by Jonathan Langley

Harper Collins

This picture book tells the story of Ben's Dad who goes on a search for an ever-bigger bed to share with his family as they welcome more and more babies into their lives. Parents and children alike will be surprised at the creative ways this father use to meet the nighttime needs of his entire family.

ISBN 0-06-028687-3

40 pgs  
La Leche League Intern'l



*Carroll, Theresa*

**Mommy Breastfeeds Our Baby**

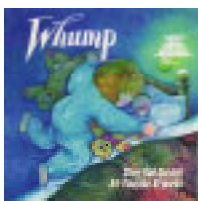
Illustrated by Linda Gray

Nu Baby Inc. (PO Box 030132,  
Tuscaloosa, AL, 35403, 1990

This book for children about breastfeeding has been designed to educate; inform and entertain the whole family. It will help children understand that breastfeeding is a natural and special way to feed the new baby.

ISBN (PB) 0-9626614-0-6

22 pgs  
La Leche League Canada



*Chislett, Gail*

**Whump**

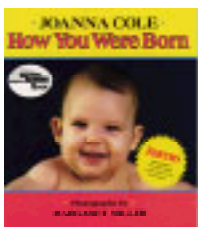
Illustrated by Vladayna Kryorka

Annick Press Ltd. 1990 Toronto

Jeremy's first nights sleeping in his own big bed are eventful for the entire family. This story depicts transition from the family bed (co-sleeping) to "my own big bed" in a delightful humorous way. Ages 2-6

ISBN (HC) 1-55037-041-3  
(PB) 1-55037-040-5

22 pgs  
Canadian  
Collector's Item



*Cole, Joanna*

**How You Were Born**

Photos by Margaret Miller-Morrow

Junior Books 1993

A clear and helpful book about conception, fetal development and birth, illustrated with color photographs of parents from many racial backgrounds. The 1984 edition b/w photos by Hella Hamid and others is also still available in paperback and has a lovely breastfeeding illustration. Ages 3-11

ISBN (HC) 0-688-12059-8 48 pgs  
TR  
(PB) 0-688-12061-X



*Corey, Dorothy*

**Will There Be a Lap for Me?**

Illustrated by Nancy Poydar

Albert Whitman & Company, 1992

Preschooler Kyle, from a middleclass African-American family, misses his special place on his mother's lap as her pregnancy advances and the new baby arrives. A full page illustration shows mother nursing the new baby with Kyle in a special place beside her. Ages 3-8

ISBN (HC) 0-8075-9109-2 24 pgs



**Deutschbein, Mary Joan**

**Maggie's Weaning**

b/w photos by author

Moon Gold Press 1993

Maggie shares the story of her gradual and gentle weaning. As Maggie reflects on the time she once spent at her mother's breast, she offers her thoughts on the joys and the challenges of slowly leaving breastfeeding behind. Ages 1-5

ISBN (PB) 1-885678-08-8 24 pgs  
La Leche League Intern'l



**Endersby, Frank**

**Our New Baby**

Full color illustration by the author

Child's Play (International) 1985

Wordless picture book. Folding board book shows preschool girl and parents interacting with new baby.

ISBN 0-85953-231-3 12 pgs  
Board Book  
Collector's Item



**Falwell, Cathryn**

**We Have a Baby**

Illustrated by Author

Clarion Books, 1993

This is a picture book for the very young child with a new sibling. The book shows a loving family with both parents actively involved in the care of the toddler and the new baby. The mother is shown nursing the baby, her arm around the toddler who is nestled against her. Ages 1-3

ISBN (HC) 0-395-62038-4 32 pgs  
(PB) 0-395-7397-05  
0613152816



**Gewing, Lisa**

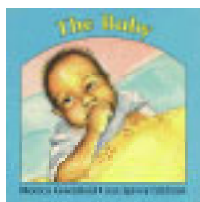
**Mama, Daddy, Baby and Me**

Illustrated by Donna Larimer

Spirit Press, 1989

The very simple, rhymed text and appealing illustrations show a family welcoming a new baby told from the toddler sibling's point of view. One picture of the mother and baby nursing. Ages 2-4

ISBN (HC) 0-944296-04-1 30 pgs



**Greenfield, Monica**

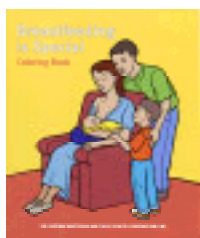
**The Baby**

Illustrations by Jan Spivey-Gilchrist

Harper Festival, 1994

The happy expressive baby featured in this book does many things under the watchful loving eyes of her parents. Charming illustrations and a simple text depict the magical everyday life of a baby.

ISBN (HC) 0-694-00577-0 14 pgs  
Board Book  
Collector's Item



**Gregory Nemec**

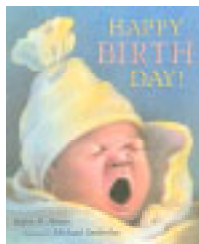
**Breastfeeding Is Special**

Illustrated by

Gateway Maternal and Child Health Consortium, Inc., 201 Lyons Ave., floor G-3, Newark NJ, 07112, 1998

A simple coloring book that shows Mom nursing the new baby in a variety of situations while still being able to interact with her older child. Features many ethnic backgrounds. English and Spanish. Call (973)-269-2280 or email zifan@gatewaymch.org

ISBN Available from La Leche League International or Gateway (see above)



*Harris, Robie H.*

**Happy Birth Day!**

Illustrated by Michael Emberley

Candlewick Press 1996

A mother tells her child about her hospital birth and first day of life. Large beautiful illustrations capture the essence of a newborn baby breastfeeding and falling asleep cuddled up with both parents. Ages 3-8

ISBN 1564024245 24 pgs  
(PB)  
0763609749



*Hines, Anna Grossnickle*

**Big Like Me**

Illustrated by the author

Greenwillow, 1989

Preschooler tells baby sister what he'll share with her each month of her first year.

ISBN (HC) 0-688-08355-2 32 pgs



*Isadora, Rachel*

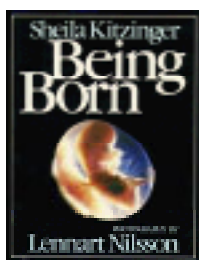
**Over the Green Hills**

Illustrated by Author

Greenwillow, 1992

A young boy in the Transkei on the east coast of South Africa accompanies his mother on a long walk to visit Grandma. Baby sister Poma is carried wrapped close on her mother's back. They make several nursing stops and this older baby is shown breastfeeding in one picture. Ages 4-8

ISBN 0688105092 32 pgs



*Kitzinger, Sheila*

**Being Born**

Photos by Lennart Nilsson

Grosset & Deenlap, 1986 (bound)  
Putnon, 1992 (paperback)

Outstanding text and photographs describe a baby's experience of intrauterine growth and birth, ending with a first nursing. Ages 6+

ISBN (PB) 0-399-22225-1 Collector's Item



*Knight, Margy Burns*

**Welcoming Babies**

Illustrations by Ann Sibley O'Brien

Tilbury House, 1994

A mother nurses her baby outdoors as the family plants a tree in the new baby's honor. Beautiful illustrations of traditions from many cultures. Ages 2+

ISBN (HC) 0-88448-123-9 38 pgs



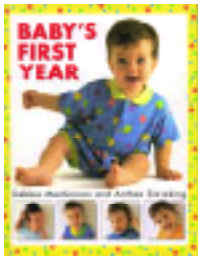
*Kubler, Annie*

**My New Baby**

Child's Play (International) Ltd. 2000

This wordless board book shows a toddler helping his family to care for the new baby. Two breastfeeding pictures. Ages 1-2

ISBN 0859539741 14 pgs



*MacKinnon, Debbie*

**Baby's First Year**

Color photos by Anthea Sieveking

Baron's, 1993

A British family with two daughters welcomes a new baby boy.  
Ages 2+

ISBN (HC) 0-8120-6334-1 26 pgs  
Collector's Item



*Manning, Mick*

**Supermom**

Illustrated by Brita Gronstrom

Albert Whitman & Company 2001

A wide variety of human and animal mothers feed, shelter, talk, play with, protect, cuddle and nurse their babies to sleep.  
Ages 3-6

ISBN 0807576662 31 pgs  
La Leche League Intern'l



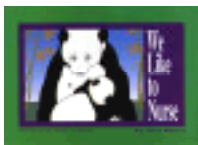
*Manning, Mick & Gronstrom, Brita*

**The World is Full of Babies**

Delacorte Press, 1996

With humorous, engaging text and bright, attractive illustrations, the authors explain how human and animal babies grow. An East Asian mother is shown nursing her baby.  
Ages 2-6

ISBN (HC) 0385322584 29 pgs  
Collector's Item



*Martin, Chia*

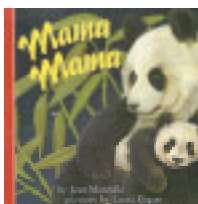
**We Like to Nurse**

Illustrated by Shukyo Lin Rainey

Hohm Press, 1995

Fourteen animal pairs are shown nursing in bright flat pictures with simple text, ending with a human mother and baby. A favorite of breastfeeding toddlers. Ages 1-3

ISBN (PB) 0-934252-45-9 32 pgs  
La Leche League Intern'l



*Marzollo, Jean*

**Mama, Mama**

Illustrated by Laura Regan

Harper Festival (A division of Harper Collins Publishers)

For babies just entering the world this comforting poem affirms the special bond between mothers and babies everywhere.  
Ages 6 months+

ISBN 0-694-01245-9 Board book

La Leche League Intern'l



*Mennen, Ingrid*

**One Round Moon and a Star for Me**

Illustrated by Nikki Daly

Orchard Books 1994

A new baby girl is lovingly welcomed in rural South Africa. Her older brother is reassured of his place and belonging in the family. Beautiful color illustrations show Mama nursing the new baby. Close father-son relationship. Ages 3-8

ISBN (HC) 0-531-06804-8 32 pgs



*Michaels, Dia L.*

**If My Mom Were a Platypus**

Illustrated by Andrew Barthelmes

Platypus Media LLC, Washington DC, 2001

This fascinating introduction to the world of mammals shows how all babies have to eat, learn, grow and mature. Each one must embark on the journey to maturity but the path varies dramatically depending on if the young mammal is a bear, bat, shrew, seal, koala or a kid. Ages 8-12. Grades 3-6

ISBN 1-930775-02-4

64 pgs

La Leche League Intern'l



*Michaels-Gualthieri, Akaela S.*

**I was Born to be a Sister**

Illustrated by Mary Dunn Ramsey

For the child in your life with a new baby sister or brother, this colorful picture book depicts the stages that an older sister goes through with a younger sibling; the new adventure stage, the tortured by a toddler stage, and finally the friendship stage. Also includes a song just for sisters. Ages 3-7

ISBN 1-930775-11-3

32 pgs

Hard cover

La Leche League Intern'l



*Moen, Cecilia*

**Breastmilk Makes My Tummy Yummy**

Illustrated by Author

Midsummer Press, Sweden, 1999

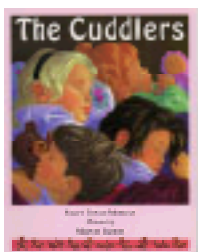
This book is ideal for a nursing toddler. Simple, rhymed verse accompanies the multicultural illustrations of babies and toddlers nursing in various situations: in the bath, when mummy is on the phone, in a family bed, etc. Tandem nursing is also shown. Ages 2-4

ISBN (HC) 9163082535

14pgs

Board Book

La Leche League Canada



*Morgan, Stacy Towle*

**The Cuddlers**

Illustrated by Marvin Jarboe

This children's book captures the warmth and love a family experiences when children are drawn to the security of their parent's bed. The beautiful full color illustrations will hold the interest of every "cuddler" in your house.

ISBN 0-912500-41-7

32 pgs

La Leche League Intern'l



*Myers, Anne Marie*

**Mama Means Milk**

Illustrated by Christina Renaud

Published by Anne Marie Myers.  
Ridgetown, Ontario N0P 2C0  
2001

This delightful short story was written to educate mother's world wide about the benefits of attachment parenting, co-sleeping and breastfeeding beyond infancy. The illustrations are full page and are ethnically diverse. Ages 18 mo +

ISBN (PB) 0968945406

Canadian



*Nilsson, L. & S., Lean Katarina*

**How Was I Born?**

Color photos by Lennart Nilsson

Delacort Press 1994

A Swedish preschooler tells the story of her baby brother's birth. Three lovely photographs show the new baby nursing just after birth. Additional text explains conception, birth and growth and development of babies. Ages 4-8

ISBN (HC) 0-385-31357-8 80 pgs

(BP) 0440507677



**Olsen, Mary**

**I'm Made of Mama's Milk**

Illustrated by Mary Olsen

Printed in Thailand  
2001

This book beautifully and realistically portrays the intimate relationships between the author and her breastfed daughter. In loving rhyming verse she describes how breastfeeding benefits her and how she nurses. Colorful and dreamy images depict the bond between mother, child and father.

ISBN 0-9715374-02

24 pgs.  
Board book



**Ormerod, Jan**

**101 Things to do with a Baby**

Penquin Books Canada Ltd.,  
2801 John St., Markham, Ontario  
L3R 1B4, 1986

A little girl finds that even chores like washing and bathing provide new games with her baby brother.

ISBN 0-14-050447-8

302 pgs



**Overend, Jenni**

**Welcome with Love**

Illustrated by Julie Vieras

Miller Book Publishers, Australia,  
1999

Jack is excited for today his mother is due to give birth to a new baby - a home birth at which Jack will be present along with his family. A heartwarming description of a family's participation in a home birth told with a loving understanding of this most intimate yet shared event. Ages 3+

ISBN 0-916291-96-0

30 pg.  
Hard cover



**Pearse, Patricia**

**See How Yow Grow**

Illustrated by Edwina Reddell

Barron's, 1998

A Lift the Flap Body Book

Five year old Sarah and her family welcome a new baby brother. Fetal development and human growth are explained. The baby breastfeeds in the hospital with Sarah and her family cuddled close. Ages 4-8

ISBN (HC) 0-8120-5936-0 32 pgs



**Pinczuk, Jane M.**

**Michelle, the Nursing Toddler**

Illustrated by Barbara Murray

La Leche League International 1998

A whimsical, rhyming children's story with multicultural appeal about growing up in a family that loves to the fullest with mother's milk and daddy's hugs and special visits from grandparents. Michelle blooms from an infant to a toddler, developing confidence and pride along the way. Ages 4-8.

ISBN (HC) 0912500409 25 pgs



**Ray, Jane**

**The Story of Christmas**

Illustrated by Author

Dutton, 1991

Words from the Gospel of Matthew and Luke - Beautiful folk art style. Several breastfeeding illustrations.

ISBN (HC) 0-525-44768-7

24 pgs  
Collector's Item





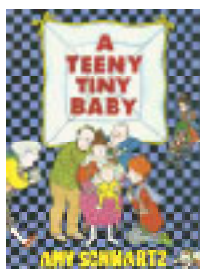
**Rockwell, Lizzy**

**Hello Baby!**

Crown Publishers  
1999

A young boy describes his mother's pregnancy, his sister's hospital birth, homecoming and first day at home. One nice breastfeeding illustration. Ages 3-6

ISBN (HC) 051780011X 28 pgs  
(PB) 0517800748



**Schwartz, Amy**

**A Teeny Tiny Baby**

Illustrated by Author

Orchard Books, 1994

This first baby is center of attention in his family. Although a bottle is pictured on the dust jacket and Dad is shown feeding the bottle in one illustration, Mother is nursing in eight other pictures. Baby sleeps between his parents in a family bed and is carried in a sling by his father. Ages 3+

ISBN (HC) 0-531-06818-8 32 pgs  
Collector's Item



**Scott, Ann Herbert**

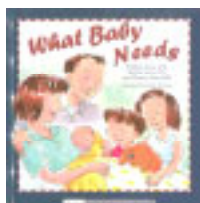
**On Mother's Lap**

Illustrated by Flo Coalson

Clarion Books, 1992

This sweet children's book captures the love and security a little boy named Michael feels as he snuggles on his mother's lap. But will his mother have enough room for him when his baby sister wants to snuggle too?

ISBN (PB) 0395629764 32 pgs



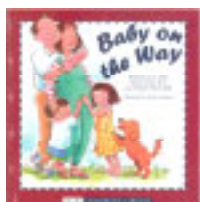
**Sears & Sears & Watts-Kelly**

**What Baby Needs**

Little Brown & Company 2001

The needs of a new baby are described in terms a preschooler can understand and shows many positive ways for children to interact with a new baby. Includes nice breastfeeding pictures. A companion book about pregnancy, *Baby on the Way*, explains the changes when expecting a new baby. Ages 3-6

ISBN 031678767-1 28 pgs



**Sears, W. & M., and Kelly, C.**

**Baby on the Way**

Illustrated by Renee Andriani

Little, Brown and company  
New York, 2001

Lighthearted cartoons encourage older brothers and sisters to see themselves as competent to contribute to the new family addition.

ISBN 0-316-78767-1 28 pgs



**Skrypuch, Marsha Forchuk**

**The Best Gifts**

Illustrated by Halina Below

Fitzhenry and Whiteside Ltd. 95  
Allstate Parkway, Ontario  
L3R 4T8, 1999

A beautiful story following the life cycle of Sara through her birth, childhood, marriage and birth of her own son. Illustrations are soft, gentle watercolors. Sara received the most important gifts from her parents and passes them on to her own baby son. Ages 4-8

ISBN (HC) 1-55041-391-0 23 pgs  
(PB) 1-55040-385-6 **Canadian**



**Stafford, Terry**

**Amie & Anika**

Illustrated by Author

Children's Studio Books, Fort Langley, B.C., 1983

Parents and children will enjoy this charming book about becoming and being a sister or brother. It is warm and down to earth and the "no-longer babies" will identify with their story.

ISBN 0-9691404-0-1

32 pgs

Canadian

Collectors item



**Stafford, Terry**

**Amie**

Illustrated by Author

Children's Studio Books, Fort Langley, B.C., 1984

Amie is the story of a day in the life of a nursing toddler. Amie offers nursing toddlers and their parents a heroine they can identify with as she shows them through her busy, happy day. With warmth and humour, Amie will give much needed support as it strikes a familiar chord in parent and child alike.

ISBN 0-9691404-1-X

30 pgs

Canadian

Collectors Item



**Stein, Sara**

**Oh Baby!**

Photos by Holly Anne Shelowitz

Walker, 1993

Text is simple and clear. Focus on needs and abilities of babies.

ISBN (HC) 0-8027-8261-2  
(PB) 0-8027-7464-4

34 pgs

Collector's Item



**Stein, Sara Bonnett**

**That New Baby**

b/w photos by Dick Frank

Walker, 1974

Although the clothing and haircuts appear dated, the text is as timely today as when it was written. A two-parent Black American family helps a preschool son and school age daughter accept the new baby into their lives with love and understanding. Ages 3-8

ISBN (HC) 0-8027-6175-5  
(PB) 0-8027-7227-7

Collector's Item



**Turner, Gwenda**

**Once Upon A Time**

Illustrated by Author

Viking, 1990

Follows a family with a preschooler and an infant through a day. Four lovely breastfeeding illustrations, though with poor positioning at the breast. Ages toddler +

ISBN (HC) 0-670-82551-4

28 pgs

Collector's Item



**Twinn, Michael**

**The First Family**

Illustrated by Author

Child's Play International 1994

Whimsical view of what the "first" family might have been like. Ages 2+

ISBN (HC) 0-85953-936-9

28 pgs



*Von Konigslow, Andrea Wayne*

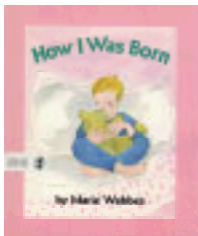
**That's My Baby**

Illustrated by Author

Annick Press, 1986

Preschooler mother lets preschooler try nursing again. "It tasted kind of funny".

ISBN (HC) 0-920303-56-0 24 pgs  
(PB) 0-920303-57-9 **Canadian**



*Wabbes, Marie*

**How I Was Born**

Illustrated by Author

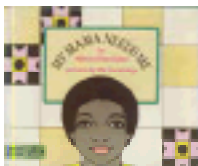
Tambourine, 1998

Translated from French.

Small boy tells the story of his birth. "Mom's milk was very good. Sometimes I fell asleep while I nursed".

Ages preschool +

ISBN (HC) 0-688-10734-6 26 pgs  
Collector's Item



*Walter, Mildred Pitts*

**My Mama Needs Me**

Illustrated by Pat Cummings

Lothrop, Lee Shepard Books, 1983

An African America child is anxious to help his mother care for his new baby sister. He finds a way to try to encourage the baby to nurse when she falls asleep in the middle of a feeding. Ages 3-6

ISBN (HC) 0-688-01670-7 Collector's Item



*Wolff, Ashley*

**Only the Cat Saw**

Walker and Company, 1996

In this colorful picture book the cat sees all the details in a typical 24 hour day in the life of a busy farm family. The mother is shown breastfeeding the baby in a rocking chair at dawn. Ages 3-8

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*Yagyer, Genichiero*

**Breasts**

First publication in Japan, 1989  
Kane/Miller Book Publishers, 1999

Alternately silly and tender, this book introduces young children to the real purpose of women's breasts: feeding babies. Ages 5-8

ISBN (HC) 091629188X 27 pgs



*Young, Faye Early*

**Gerald the Third**

Illustrated by Will Lutz

La Leche League International,  
1977

Written from the point of view of six year old Gerald, this story humorously describes life in a warm and caring home with a new baby using cartoon like illustrations.

Ages preschool +

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