

BREASTFEEDING RESOURCE LIBRARY

Rhode Island Department of Health



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The following breastfeeding resources are available for loan through the Rhode Island Department of Health to health care professionals working with families in Rhode Island. Loan requests may be made through the State Breastfeeding Coordinator. Please list requested items and anticipated loan period.

Additional breastfeeding resources and links are available on the Department of Health Breastfeeding Web Pages at www.health.ri.gov/family/breastfeeding and in the Rhode Island Breastfeeding Resource Directory at www.health.ri.gov/topics/breastfeeding.pdf.

POLICY STATEMENTS

Best Practices for Expressing, Storing and Handling Human Milk in Hospitals, Homes and Child Care Settings (2nd Edition). Frances Jones and Mary Rose Tully, Human Milk Banking Association of North America, 2nd Edition (2006).

Breastfeeding in the United States: A National Agenda. United States Breastfeeding Committee (USBC), United States Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau (2001). *Additional issue and position statements available through USBC website at www.usbreastfeeding.org/Publications.html*

The CDC Guide to Breastfeeding Interventions. United States Department of Health and Human Services, Centers for Disease Control and Prevention (2005). *Posted at www.cdc.gov/breastfeeding/pdf/breastfeeding_interventions.pdf*

HHS Blueprint for Action on Breastfeeding. United States Department of Health and Human Services, Office on Women's Health (2000).

Selling Out Mothers and Babies: Marketing of Breast Milk Substitutes in the USA. National Alliance for Breastfeeding Advocacy, Research, Education, and Legal Branch, Marsha Walker, RN, IBCLC (2001).

Still Selling Out Mothers and Babies: Marketing of Breast Milk Substitutes in the USA. National Alliance for Breastfeeding Advocacy, Research, Education, and Legal Branch, Marsha Walker, RN, IBCLC (2007).

RESEARCH

Breastfeeding and Maternal and Infant Health Outcomes in Developed Countries. United States Department of Health and Human Services, Agency for Healthcare Research and Quality (2007).

Evidence on the long-term effects of breastfeeding: Systematic reviews and meta-analysis. World Health Organization (2007).

Infant Feeding and Care Practices in the United States: Results From the Infant Feeding Practices Study II. Pediatrics, October 2008, Volume 122, Supplement 2.



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BOOKS (CONSUMERS)

Bestfeeding: Getting Breastfeeding Right for You, Mary Renfrew, Chloe Fisher and Suzanne Arms (2000).

Breastfeeding 101: A Step-by-Step Guide to Successfully Nursing Your Baby, Sue Tiller, RN, IBCLC (2002).

BOOKS (CONSUMERS) (Cont.)

The Breastfeeding Answer Book, La Leche League International (2003).

Breastfeeding: A Parent's Guide, Amy Spangler, RN, MN, IBCLC (2006).

Breastfeeding: Keep it Simple, Amy Spangler, RN, MN, IBCLC (2006).

A Medication Guide for Breastfeeding Moms, Thomas W. Hale, PhD and Ghia McAfee, PhD (2005).

The Nursing Mothers Companion (4th Edition), Kathleen Huggins, RN, MS (1999).

Why Should I Nurse My Baby? And Other Questions Mothers Ask About Breastfeeding, Pamela K. Wiggins, IBCLC (2004 & 2005). *English, Spanish, Vietnamese and Chinese.*

The Womanly Art of Breastfeeding (35th Anniversary Edition), La Leche League International, RN, MS (1991).

BOOKS (PROFESSIONALS)

Breastfeeding: A Guide for the Medical Profession (5th Edition), Ruth A. Lawrence, MD and Robert M. Lawrence (1999).

The Breastfeeding Answer Book, La Leche League International (2003).

The Breastfeeding Atlas (3rd Edition), Barbara Wilson-Clay, BS, IBCLC and Kay Hoover, Med, IBCLC (2005). *424 color photographs, video, and explanatory text. Includes CD.*

Breastfeeding Handbook for Physicians (3rd Edition), American Academy of Pediatrics and American College of Obstetricians and Gynecologists (2006).

Breastfeeding and Human Lactation (3rd Edition), Jan Riordan (2005).

Breastfeeding the Newborn: Clinical Strategies for Nurses (2nd Edition), Marie Biancuzzo (2003).

Clinical Lactation: A Visual Guide, Kathleen G. Auerbach and Jan Riordan (2000).

Counseling the Nursing Mother: A Lactation Consultant's Guide (3rd Edition), Judith Lauwers and Debbie Shinskie (2000).

Give Us a Little Time: How Babies with a Cleft Lip or Cleft Palate Can Be Breastfed, Christa Herzog-Isler, IBCLC and Klaus Honigmann, PDDM, DMD (1996).

Impact of Birthing Practices on Breastfeeding: Protecting the Mother and Baby Continuum, Mary Kroeger (2004).

Medication and Mothers Milk (13th Edition), Thomas W. Hale, PhD (2008).

A Medication Guide for Breastfeeding Moms, Thomas W. Hale, PhD and Ghia McAfee, PhD (2005).



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Nutrition in Pregnancy and Lactation (6th Edition), Bonnie S Worthington-Roberts and Sue Rodwell Williams (1997).

Sleeping with Your Baby: A Parent's Guide to Cosleeping, James J. McKenna, PhD (2007).

CURRICULA

Breastfeeding Management and Promotion in a Baby-Friendly Hospital: An 18-hour Course for Maternity Staff, UNICEF and WHO (1993). *Includes slides.*

Grandmothers Tea Packet, Illinois Breastfeeding Task Force and Loving Support Steering Committee (2007)

Helping Mothers Choose and Initiate Breastfeeding: A Self-Learning Module Marie Biancuzzo, RN, MS, IBCLC (2001). *Approved for 3.6 contact hours/L-CERPs.*

Increasing Breastfeeding Success: Why it Matters & What the Research Shows Physician Lactation Education Collaborative of Washington (2008)

Speaker's Kit on Breastfeeding Promotion and Management Office on Women's Health and the American Academy of Pediatrics (2003)
CD-ROM tutorial with written information plus training for healthcare providers to help moms breastfeed and suggestions for promoting breastfeeding in the community.

Best Start Social Marketing Inc.

3-Step Counseling Strategy

Length: 3 hours

Target: All clinic staff

- Objectives:
1. Use open-ended questions.
 2. Pad questions to soften them.
 3. Use a variety of probing questions appropriately.
 4. Affirm clients' feelings to acknowledge listening and build self-confidence.
 5. Target educational information to address specific client concerns.
 6. Feed information to clients in small bites.
 7. List the six most common barriers to breastfeeding in the U.S.

Includes video and overheads.

Health Professional and Community Training: Level 1

Length: 1.5 hours

Target: All clinic staff

- Objectives:
1. List three differences between breastmilk and formula.
 2. Identify how your job relates to breastfeeding promotion.
 3. Demonstrate correct breastfeeding positioning.
 4. Identify how WIC supports the breastfeeding woman.
 5. Demonstrate ability to use active listening skills in positively promoting breastfeeding.

Includes overheads.

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CURRICULA (Cont.)

Best Start Social Marketing Inc.

Health Professional and Community Training: Level 2

Length: 3 hours

Target: Nutritionists, Nurses, Nurse Practitioners, Breastfeeding Program Staff

- Objectives:
1. Discuss two differences between breastmilk and formula.
 2. List three indicators that breastfeeding is going well.
 3. Identify two infant situations that can interfere with a successful breastfeeding outcome and the appropriate intervention.
 4. Identify two ways to offer positive breastfeeding counsel in special situations.

Includes overheads.

Health Professional and Community Training: Level 3

Length: 3 hours

Target: Nutritionists, Nurses, Nurse Practitioners, Breastfeeding Program Staff

- Objectives:
1. Identify two medical situations in the breastfed infant and appropriate management techniques to resolve.
 2. Name two maternal situations that can interfere with successful breastfeeding and the appropriate intervention.
 3. Identify two commonly used breastfeeding devices and their use.
 4. Identify two ways an infant can be supplemented without a bottle.

Includes overheads.

Work Issues and the Employed Mother

Employer Presentations (*includes overheads*)

How to Support a Breastfeeding Employee

Helping Working Mothers

Child Care Presentation (*includes overheads*)

Video Presentation

Breastfeeding: Another Way of Saying "I Love You" (1999)

Media Guidelines and Extra Resources

SLIDES

Breastfeeding Chart Collection, Childbirth Graphics (2000). *English and Spanish.*

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VIDEOS / DVDS

Best Start Social Marketing Inc.

For All the Right Reasons (1990)

Focus: Motivational video about breastfeeding from focus group participants. Topics include healthier babies, closeness to mother, embarrassment, convenience, role of fathers, and positive self-image. (22 min)

Nobody Loves Them Like You (Spanish Version)

Focus: Features testimonials from teenage participants designed to encourage teens to breastfeed. (22 min)

Training Program

Focus: Comprehensive program for training professional staff in effective ways to promote breastfeeding. Includes the motivational video *What Difference Does It Make?* plus the training video. (26 min)

What Difference Does it Make?

Focus: Designed to motivate personnel who work in WIC. (10 min)

Better Breastfeeding: Your Guide to a Healthy Start (2008)

Injoy Productions, Inc.

Focus: This video, created with the help of the International Lactation Consultant Association (ILCA), demonstrates the most recent breastfeeding recommendations and answers parents' most common breastfeeding questions. Step-by-step asymmetrical latch instructions and clear feeding guidelines, along with information about hunger signs, breast care, and when to call the lactation consultant, reassure all new parents that they can breastfeed successfully. (25 min)

Breastfeeding and Basketball (1999)

Injoy Productions, Inc.

Focus: This entertaining program addresses the benefits of breastfeeding in a way that men will relate to. An expectant father nervously broaches the subject over a weekly basketball game with three longtime friends. Their courtside conversation mixes humor and addresses the topics of health benefits for baby and mother, changes in the mother's body, how breastfeeding affects sex, ways for the father to bond with the baby and not feel left out, cost savings, convenience and more. (8 min)

Breastfeeding and the Family (2002) (2 hour loop)

Breastfeeding: Another Way of Saying "I Love You" (1999)

Mississippi WIC Program

Focus: Introduces the moms and family members of 5 happy, healthy breastfed babies who wondered how to work breastfeeding into their lives. They describe how they learned to breastfeed comfortably and discretely, how they lead busy lives and still breastfeed, and how they gained the support of their family and friends. (16 min)



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VIDEOS / DVDS (cont.)

BREASTFEEDING: A Special Relationship (1991)

Mary Rose Tully, BA, IBCLC and Mary Overfield, RN, IBCLC

Focus: Teaches how to breastfeed successfully. 7 segments include: feeding the newborn, positioning, latching-on, signs that breastfeeding is going well, growth spurts, engorgement and sore nipples, going to work and pumping. Comes with tear-off instructional sheets. (24 min)

Breastfeeding Grand Rounds

New York State Institute for Human Lactation and US DHHS

August 5, 2004: Promoting Breastfeeding in Minority Communities & Workplace Practices that Support Breastfeeding

August 4, 2005: Breastfeeding and Obesity

August 3, 2006: The Baby-Friendly Hospital Initiative (BFHI): Yesterday, Today, and Tomorrow

Breastfeeding: Techniques That Work! Volume 6: Hand Expression (1988)

Kittie Frantz, RN, CPNP

Focus: Step-by-step instruction on how to hand-express milk. Discusses ideas for collection and methods of storage.

Breastfeeding: The Why-To, How-To Videos (1998)

Vida Health Communications

Breastfeeding: Why-To

Focus: Outlines the health benefits that breastfeeding offers babies and their mothers. Provides additional information on breastfeeding and body image, modesty and ease, prenatal preparations, and keys to success. (19 min)

Breastfeeding: How-To

Focus: Focuses on confidence building education that prepares new parents to give breastfeeding a try. Specific topics include how breastfeeding works, feeding cues, positioning and latching on, length and frequency of feedings, how to know baby is getting enough, tips for tough times, maternal nutrition and rest, how Dads can help, and more. (25 min)

Breastfeeding Your Baby, A Mothers Guide (1987)

Medela and La Leche League International

Focus: Takes you through the basics of breastfeeding with expert guidance from noted authority William Sears, MD. Learn about why breastfeeding is best, how the breast makes milk, starting right with special instructions for first time mothers, proper positioning, common problems and solutions, support groups, products that can help, working and breastfeeding, a fathers role and special circumstances. (64 min)



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VIDEOS / DVDS (cont.)

Breastfeeding Your Baby Series (2002)

United Learning

Breastfeeding: The Best Beginning

Focus: Gives viewers up-to-date research on why breastfeeding is the ideal first food for your baby. Details benefits of breastfeeding for both the baby and mom, emphasizing that breastfeeding is natural, easy and stress-free. Nutritional component reviews healthy eating habits during pregnancy and lactation, urges daily physical activity, and stresses abstinence from drugs, alcohol, and tobacco. Other topics include: early stages of breastfeeding, expectations, signs of trouble, and when to check with your health care provider.

Breastfeeding Basics: From Birth to 1 Year

Focus: Encourages women to breastfeed for as long as possible, concentrating on birth to one year. Viewers listen while an LC gives practical advice concerning: starting up, "latching on," breastfeeding positions, milk production, how often to breastfeed, expectations, engorgement, how to pump and store milk safely, and healthy eating habits. Stresses the importance of continuing to breastfeed while returning to work. Gently dispels some fears and concerns by showing happy, healthy "working moms" still breastfeeding in a natural, easy and stress-free manner.

CDC Breastfeeding Teleconferences

Using Public Data to Increase Hospital Breastfeeding Rates (4/08/08)

Results from the CDC National Survey of Maternity Care Practices in Infant Nutrition and Care (mPINC) (6/10/08) (2 CDs)

Cup Feeding: Using the Ameda Baby Cup (2000). Hollister (9.5 min)

Dr. Jack Newman's Visual Guide to Breastfeeding (2005)

Cinemedic Distributors Inc.

Focus: Helps you to understand how breastfeeding really works and lets you cut through all the confusing and contradictory information out there on breastfeeding. It is easy to understand and will be helpful for both new parents and for health professionals. Many of us do not have a notion of what a baby looks like on the breast. This video is designed to make the breastfeeding experience a success and pleasure for mothers and babies. In it, Jack Newman and Edith Kernerman answer a wide variety of questions, from how to ensure that a baby is getting milk to helping overcome some of the most common problems associated with breastfeeding. Available in VHS or DVD format. (45 min)



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VIDEOS / DVDS (cont.)

Dr. Lennert Righard's Delivery Self-Attachment (1995)

Geddes Productions

Focus: Based on Dr. Lennart Righard's 1990 study, this video chronicles the infant who, when placed on the mother's abdomen immediately after birth, will self attach to the breast within 50 minutes and suckle correctly. (6 min)

Fathers Supporting Breastfeeding (2002)

US Department of Agriculture, Food and Nutrition Service, WIC

Focus: Addresses the low breastfeeding rates among African American women. Encourages fathers and mothers to work together to decide on breastfeeding, explains how fathers have an important role in breastfeeding and how they can encourage their partners to breastfeed. The video follows the path of a young, soon to be father and his partner, Reena, as they address the issues and concerns that many couples face when making the decision to breastfeed their baby. (17 min)

Giving you the Best that I got, Baby (1993)

Office of the Maryland WIC Program

Focus: Designed to motivate women to choose breastfeeding. This video uses role models to address specific concerns women have about breastfeeding. It can also be the basis for a candid discussion of breastfeeding among women and health professionals. Features singing superstar Anita Baker and other breastfeeding mothers who speak honestly about breastfeeding. (14 min)

A Healthier Baby by Breastfeeding (1991)

Linda J. Smith, ACCE, IBCLC

Focus: Outlines the emotional and physical health benefits of breastfeeding. Also shows "How to start right", "How to make plenty of milk", and "Where to get any other assistance." (20 min)

Helping a Mother to Breastfeed, No Finer Investment (1990)

The Royal College of Midwives & Healthcare Productions Ltd.

Focus: Encourages more mothers to breastfeed successfully by ensuring that those who seek to help them are prepared for the task. With breastfeeding, so many problems can be avoided by getting off to a good start and always 'latching on' properly, so this technique is explained in detail. The good practices contained in the Royal College of Midwives' book, *Successful Breastfeeding*, are reinforced and emphasized for the benefit of all those whose role it is to assist mothers to breastfeed. (20 min)

Infant Cues: A Feeding Guide (1998)

Texas Department of Health WIC Program. *Titles in English and Spanish.*



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VIDEOS / DVDS (cont.)

Learning how to Breastfeed your Baby: Breastfed is best fed! (1997)

The Office of the Maryland WIC Program

Focus: Designed to inform women about breastfeeding. Presents the story of Vicki, a young pregnant woman, who works through her decision making process as she learns about breastfeeding from her WIC Counselor, a Lactation Specialist, and through sharing what she learns with her family. Uses teaching prompts to reinforce main concepts: getting off to a good start, positioning, latching-on, and determining that the baby is getting enough. Provides an interactive questionnaire. (14 min)

North Carolina Department of E.H.N.R./Maternal Health Branch

Breastfeeding – A Mother’s Special Gift

(Produced for Deaf/Hard of Hearing–ASL, Closed Captioned and Voiced)
(20 min)

Shower Your Baby With Love - Breastfeed (15 min)

Nursing Mothers Welcome (2007)

Gaia’s Embrace

Focus: Encourages breastfeeding anywhere, anytime. This CAN DO film shows how easy and comfortable it is, and builds confidence. (7 min or loop)

Optimal Infant and Young Child Feeding (8/26/04)

Public Health Grand Rounds, California Department of Health Services (90 min)

A Premie Needs his Mother: First Steps to Breastfeeding Your Premature Baby

Jane Morton, MD

Focus: Comprehensive guide to learning how to breastfeed premature babies from the perspective of mothers of premies. Part I (35 min) is for moms about to or who have just delivered premature babies. Part II (21 min) is designed to be watched when the baby is ready to be held.

Should the Breast Fed Infant be Supplemented? (5/16/03)

Medical Grand Rounds, Rhode Island Hospital, Dr. Ruth Lawrence

Sophia’s Choice (Vietnamese & Laotian versions)

University of Rhode Island & Jungels Moving Pictures

Focus: Sophia, a pregnant Cambodian woman, is deciding how to feed her baby. She would like to breastfeed, but she is confused and unsure. Sophia learns the benefits of breastfeeding for her baby and herself. This video explains how to discretely breastfeed, express and store milk, produce enough milk for your baby, build self-confidence in feeding your baby, introduce solid foods and choose healthy snacks and drinks for older children.

Supporting Sucking Skills in Breastfeeding Infants (2008)

As presented by Catherine Watson Genna, BS, IBCLC (Butler Hospital, 10/28/08)

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VIDEOS / DVDS (cont.)

Texas Department of Health

Mommy's Milk for Mommy's Baby (1994) (4 min)

The Best Thing (1999) (16 min)

Using Medications in Breastfeeding Mothers (1/30/04)

Medical Grand Rounds, Rhode Island Hospital, Thomas W. Hale, R.Ph., Ph.D.

Yes, You Can Breastfeed

WIC Program
(13min)

Yes You Can Work And Breastfeed

Camille Foretich