



Breastfeeding Information

Some Books, Videos and Other Resources to Look for:

The Breastfeeding Mother's Guide to Making More Milk. Diana West, 2008

Nursing Mother, Working Mother, Revised Edition. Gale Pryor, 2007

The Ultimate Breastfeeding Book of Answers, Revised and Updated. Jack Newman, 2006

The Nursing Mother's Guide to Weaning, Revised Edition. Kathleen Huggins, 2006

So That's What They're For!: The Definitive Breastfeeding Guide, Third Edition. Janet Tamaro, 2005

The Womanly Art of Breastfeeding, Seventh Revised Edition. La Leche League International, 2004

Dr. Jack Newman's Guide to Breastfeeding, Revised and Updated. Jack Newman, 2003

American Academy of Pediatrics' New Mother's Guide to Breastfeeding, 2002

The Everything Breastfeeding Book; Basic techniques and reassuring advice every new mother needs to know. Suzanne Fredregill, 2002

The Breastfeeding Book: Everything You Need to Know about Nursing Your Child – From Birth Through Weaning. Martha Sears, 2000

Breastfeeding: Getting Breastfeeding Right for You. Mary Renfrew, 2000

Mothering Your Nursing Toddler, Revised Edition. Norma Jane Bumgarner, 2000

The Nursing Mother's Companion, Fourth Revised Edition. Kathleen Huggins, 1999

Mothering Multiples: Breastfeeding & Caring for Twins or More, Revised Edition. Karen Kerkhoff Gromada, 1999

Also: see resource lists at the websites in the Internet section



Libraries

Search library catalogues for books, videos and more about breastfeeding and other subjects. Check out their websites to connect to online databases and other resources.

For public libraries - keep in mind that you will only be able to borrow directly for free from your local one, however your local public library can borrow books from other libraries for you.

Women's Health Care Centre – Resource Centre

<http://www.librarything.com/home/WomensHealthPtbo>

Brighton Public Library

<http://www.brighton.library.on.ca/>

City of Kawartha Lakes Public Library

<http://www.kawarthalakes.canlib.ca/>

Cobourg Public Library

<http://www.cobourg.library.on.ca/>

Douro-Dummer Public Library

<http://library.dourodummer.on.ca/cgi-bin/libsearch.cgi?dbNum=1&action=3>

Haliburton County Public Library

<http://www.libris.ca/hali/>

Havelock-Belmont-Methuen Public Library

<http://www.hbmlibrary.on.ca/>

Peterborough Public Library

<http://www.peterborough.library.on.ca/>

Port Hope Public Library

<http://www.phpl.ca/>

Smith-Ennismore-Lakefield Library

<http://www.mypubliclibrary.ca/>

FourInfo's Public Library listings

<http://fourinfo.cioc.ca/results.asp?STerms=library&SType=O&CMType=S&GHID=&NUM>

You may find that your Public Library isn't listed here. That doesn't mean that they don't have anything or that you don't have one; either they didn't have an online catalogue or I missed them. I apologize for any omissions. You can look up your local library in your phone book, or local services directory.



Local Programs, Groups and Associations

Breastfeeding Support Service

Women's Health Care Centre, Peterborough Regional Health Centre

A Registered Nurse/Lactation Consultant helps mothers and their babies who are having difficulty breastfeeding, or mothers needing reassurance about breastfeeding. Electric breast pump attachments are available for purchase, manual pumps, lactation aids educational materials, breastfeeding books and videos are available for loan.

For information or for an appointment contact:

(705) 743-4132
1-800-419-3111

157 Charlotte Street
Peterborough, ON, K9J 2T7

La Leche League Peterborough

Offers information, personal support, and encouragement for any woman who wishes to breastfeed. Babies welcome, pregnant women are also encouraged to attend meetings. Phone counseling is available for anyone needing information or encouragement regarding breastfeeding, mothering and problems. Lending Library. Phone for dates, times, and locations of meetings, or for more information.

Serves Peterborough County.
24/7 Phone: (705) 740-6188
www.lalecheleaguecanada.ca

MotheRisk

Information for pregnant women, new mothers and breastfeeding women about the effects of different medications, drugs and alcohol, and other environmental hazards on themselves and their babies.

1-877-327-4636 - Alcohol and Substances
1-800-436-8477 - Morning Sickness

1-888-246-5840 - HIV and HIV Treatment
(416) 813-6780 - Motherisk's Home Line

Well Baby & Breastfeeding Clinic – Peterborough Family Resource Centre

Information and support on breastfeeding as well as child health and development. Community Health Nurse and / or Lactation Consultant. Referral to resources and supports.

Thursday mornings 10:00 a.m. to 12:00 p.m. at 201 Antrim Street, Peterborough.

For more information call (705) 748-9144

Your health unit has infant care and breastfeeding information

**Peterborough County-City Health
Unit**

<http://pcchu.peterborough.on.ca/>
(705) 743-1000

**Haliburton Kawartha Pine Ridge
District Health Unit**

www.hkpr.on.ca/
1-866-888-4577



On the Internet

Breastfeeding – Medline Plus

<http://www.nlm.nih.gov/medlineplus/breastfeeding.html>

Medline Plus' Breastfeeding information page. Reliable information gathered from variety of sources (American – some information may not apply in Canada). Includes research, news, statistics, overviews, different languages, and easy to read materials.

Canadian Breastfeeding Foundation

<http://www.canadianbreastfeedingfoundation.org>

Breastfeeding information, news and advocacy.

INFACT Canada (Infant Feeding Action Coalition)

<http://www.infactcanada.ca/>

Resources for breastfeeding promotion, newsletters, fact sheets, and more.

La Leche League International

<http://www.llli.org/>

Find information, support, etc. Site is based in U.S. some information may not apply in Canada.

Newman Breastfeeding Clinic & Institute

<http://www.drjacknewman.com>

Free online information resources for breastfeeding mothers as well as health care professionals.

MotheRisk

<http://motherisk.org/women/index.jsp>

Information for pregnant women, new mothers and breastfeeding women about the effects of different medications, drugs and alcohol, and other environmental hazards on themselves and their babies.

Ontario Breastfeeding Committee

<http://breastfeedingontario.org>

Organization with a “commitment to support, protect and promote breastfeeding.” News, links and resources.

Women’s Health Matters – Health A-Z Basic Search.

<http://www.womenshealthmatters.ca/resources/index.cfm>

Search for books, websites, etc. in the WHM resource database about breastfeeding.