



Lactation Educator Certification Program Reading List

CAPPA Canada Lactation Educator Certification Program candidates must read the CAPPA Canada Lactation Educator Manual (provided at the workshop or included in the distance program packet) and must choose five (5) books from the list below. Extra reading is always highly recommended. We have also included other resources for further learning.

If you have read a book or would like to read one that is not included in the list below, please contact the CAPPA Canada Office at info@cappacanada.ca for approval.

* Denotes required reading.

- Denotes recommended books for Educators.

Books:

*MOHRBACHER, Nancy (2010), *Breastfeeding Answers Made Simple: A Guide for Helping Mothers*, Hale Publishing. (ISBN-10: 0984503900; ISBN-13: 978-0984503902)

*SMITH, Linda (2009), *The Impact of Birthing Practices on Breastfeeding: Protecting the Mother and Baby Continuum* (2nd edition), Jones & Bartlett Learning. (ISBN-10: 0763763748; ISBN-13: 978-0763763749)

RIORDAN, Jan & Karen WAMBACH (2010), *Breastfeeding and Human Lactation* (4th edition), Jones & Bartlett Publisher. (ISBN-10: 0763754323; ISBN-13: 978-0763754327)

-WIESSINGER, D., D. WEST & T. PITMAN (2010), *The Womanly Art of Breastfeeding* (8th edition), La Leche League International, Ballantine Books. (ISBN-10: 0345518446; ISBN-13: 978-0345518446)

LAUWERS, J. & A. SWISHER (2011), *Counselling the Nursing Mother: A Lactation Consultant's Guide* (5th edition), Jones & Bartlett Learning Canada. (ISBN-10: 0763780529; ISBN-13: 978-0763780524)

-McKENNA, JAMES J. (2007), *Sleeping with Your Baby: A Parent's Guide to Cosleeping*, Playtypus Media. (ISBN-10: 1930775342; ISBN-13: 978-1930775343)

COLSON, Suzan (2010), *An Introduction to Biological Nurturing*, Hale Publishers. (ISBN-10: 0984503935; ISBN-13: 978-0984503933)

PALMER, Gabrielle (2011), *Complementary Feeding: Nutrition, Culture and Politics* (1st edition), Pinter & Martin Ltd. (ISBN-10: 1905177429; ISBN-13: 978-1905177424)

WEST, Diana & Lisa MARASCO (2008), *The Breastfeeding Mother's Guide to Making More Milk*,

McGraw-Hill Contemporary. (ISBN-10: 007159857X; ISBN-13: 978-0071598576)

International Lacta (2007), *Core Curriculum For Lactation Consultant Practice* (2nd edition), Jones & Bartlett Learning. (ISBN-10: 0763745030; ISBN-13: 978-0763745035)

SHUBBER, Sami (2011), *The WHO International Code of Marketing of Breast-Milk Substitutes: History and Analysis* (2nd edition), Pinter & Martin Ltd (ISBN-10: 1905177461; ISBN-13: 978-1905177462)

WATSON GENNA, Catherine (2009), *Selecting and Using Breastfeeding Tools: Improving Care and Outcomes* (1st edition), Hale Publishing. (ISBN-10: 0982337914; ISBN-13: 978-0982337912)

HERTZ, Gail (2011), *Little Green Book of Breastfeeding Management* (5th edition), Hale Publishing. (ISBN-10: 0983307504; ISBN-13: 978-0983307501)

CADWELL, Karin et al. (2006), *Maternal And Infant Assessment For Breastfeeding And Human Lactation: A Guide For The Practitioner* (2nd edition), Jones & Bartlett Learning. (ISBN-10: 0763735779; ISBN-13: 978-0763735777)

SMITH, Linda J. (2001), *Coach's Notebook: Games And Strategies For Lactation Education* (1st edition), Jones & Bartlett Learning. (ISBN-10: 076371819X; ISBN-13: 978-0763718190)

BERGMAN, Jill & Nils BERGMAN (2010), *Hold Your Premie*, Kangaroo Mother Care Promotions. (ISBN-10: 192041133X; ISBN-13: 978-1920411336)

MICHELS, Dia L. (2009), *Breastfeeding Facts for Fathers* (Gift edition), Platypus Media. (ISBN-10: 1930775490; ISBN-13: 978-1930775497)

KENDALL-TACKETT, Kathleen A. (2009), *Depression in New Mothers: Causes, Consequences, and Treatment Alternatives* (2nd edition), Routledge. (ISBN-10: 0415778395; ISBN-13: 978-0415778398)

KENDALL-TACKETT, K. (2008), *Non-Pharmacological Treatments for Depression in New Mothers: Clinics in Human Lactation*, Hale Publishing. (ISBN-10: 0981525709; ISBN-13: 978-0981525709)

LEE, Nikki (2011), *Complementary & Alternative Medicine in Breastfeeding Therapy*, Hale Publishing. (ISBN-10: 0983307555; ISBN-13: 978-0983307556)

HALE, Thomas W. (2010), *Medications and Mothers' Milk*, Hale Publishing. (ISBN: 978-0-9823379-9-8)

WALKER, Marsha (2011), *Breastfeeding Management for the Clinician: Using the Evidence* (2nd edition), Jones & Bartlett Publishers. (ISBN-10: 0763766518; ISBN-13: 978-0763766511)

KERKOFF GROMADA, K. (2007), *Mothering Multiples: Breastfeeding & Caring for Twins or More*, LLLI. (ISBN: 9780976896937)

-MOHRBACHER, N. & K. KENDALL-TACKETT (2010), *Breastfeeding Made Simple; Seven Natural laws for Nursing Mothers* (2nd edition), New Harbinger Publications, Inc. (ISBN-10: 1572248610; ISBN-13: 978-1572248618)

Videos & DVDs:

Breastfeeding: Baby's Choice, Ann-Marie Widstrom, [DVD], 2010.

"New Insights into Breast Physiology and Breast Expression and Development of the Symphony Breastpump," *Human Lactation - The Science of the Art Series*, Peter Hartmann, [CD] DUIT Multimedia, 2002.

Baby-Led Breastfeeding... The Mother-Baby Dance, Christina Smillie, [DVD], Geddes Production, (ISBN 978-1-885748-79-9)

Kangaroo Mother Care I and II, Dr. Nils Bergman, [DVD w/CD], Geddes Production. (ISBN # 1-885748-74-4).

Biological Nurturing – Laid-Back Breastfeeding for Mothers, Dr. Suzanne Colson, [DVD]. (ISBN # 9781885748867)

Delivery Self Attachment, Lennart Richard, M.D. [DVD] Geddes Productions (ISBN#1-885748-69-8).

Breastfeeding: Mom and I can do That, Sue Cox, [DVD], USA, 2006 (ISBN-10: 0-9772268-7-5 ISBN-13: 978-0-9772268-7-0).

Follow Me Mum: The Key to Successful Breastfeeding, Rebecca Glover, RN, RM, IBCLC, [DVD] 2005.

Online Resources:

Health Nexus, *Breastfeeding Matters: An important guide to breastfeeding for women and their families*, Best Start Resource Center, 2011.

Available at: <http://www.beststart.org/resources/breastfeeding/index.html>

Human Milk Banking Association of North America (2011), *Guidelines for Establishment and Operation of a Donor Human Milk Bank*, HMBANA.

Available at: <http://www.hmbana.org>

International Baby Food Action Network (2006), *The Code In Cartoons: The International Code of Marketing of Breastmilk Substitutes – the easy way to understand what it says and why its important!*, IBFAN.

Available at: http://www.anera.org/ourWork/documents/TheCodeInCartoons_000.pdf

SOKOL, Ellen & Annelies ALLAIN, *Complying with the Code? – A Manufacturers' and Distributors Guide to the Code*, IBFAN.

Available at: <http://www.ibfan.org/code-publications.html>

ALLAIN, Annelies & Yeonb Joo KEAN, *Protecting Infant Health: A Health Worker's Guide to the International Code of Marketing of Breastmilk Substitute* (11th edition), IBFAN.

Available at: <http://www.ibfan.org/code-publications.html>

World Health Organization (2003), Global Strategy for Infant and Young Child Feeding, WHO: Geneva.

Available at: http://www.paho.org/english/ad/fch/ca/GSIYCF_infantfeeding_eng.pdf

These books may be purchased in the CAPPA bookstore (if in stock), any online bookstores such as amazon.ca or chapters.ca, at a local bookstore, etc. or may be borrowed from your local library, childbirth related organizations or doula association lending library if your community has one.