

Breastfeeding and parenting books

We've hand-picked a great selection of books for you, and they are all available to borrow at North Somerset Libraries. You'll find books on breastfeeding and specialist titles on other topics including sleep and introducing solid foods.

There's also a great selection of children's books which feature images of breastfeeding and help you talk to your child about breastfeeding or having a new baby in the family.



Key:

- ▲ available in all NS libraries
- available in large libraries (available to order in all libraries)



www.librarieswest.org.uk

Breastfeeding

These books can help answer your breastfeeding questions and support you with evidence-based information on what to expect along the way.

- You've Got It In You ▲
Emma Pickett IBCLC – 2016
- The Positive Breastfeeding Book ▲
Professor Amy Brown – 2018
- Breastfeeding and the Fourth Trimester ▲
Lucy Webber IBCLC – 2023
- Biological Nurturing ■
Suzanne Colson – 2019

Other infant feeding topics

Check out these more specialist books to help you with your particular area of interest.

- Supporting Breastfeeding Past the First Six Months and Beyond ▲
Emma Pickett IBCLC – 2022
- The Importance of Dads and Grandmas to the Breastfeeding Mother ■
Dr Wendy Jones MBE – 2016
- Why Mothers' Medication Matters ■
Dr Wendy Jones MBE – 2017
- Why Infant Reflux Matters ■
Carol Smyth IBCLC – 2021
- Relactation: A Guide to Rebuilding Your Milk Supply ■
Lucy Ruddle IBCLC – 2020
- Why Breastfeeding Grief and Trauma Matter ■
Professor Amy Brown – 2019
- Why Tongue Tie Matters ■
Sarah Oakley IBCLC – 2021
- Why Formula Feeding Matters ■
Shel Banks IBCLC – 2021
- Mixed up: Combination feeding by choice or necessity ■
Lucy Ruddle IBCLC – 2021

Introducing solid foods

You will find many books on this subject, but we've selected a few evidence based books for you to choose from. As it's recommended you introduce solid foods from around six months, why not borrow a book before then, so you feel more prepared for this next stage.

- Why Starting Solids Matters ▲
Professor Amy Brown – 2017
- Baby-led Weaning The Essential Guide ■
Gill Rapley & Tracey Murkett – 2019
- The Baby-led Weaning Quick & Easy Recipe Book ■
Gill Rapley & Tracey Murkett – 2017
- Let's Talk About Feeding Your Baby ▲
Professor Amy Brown – 2021

Sleep

We have selected books which can help to explain normal infant development around sleep and offer you some insight and support on this topic.

- Let's Talk About Your New Family's Sleep ▲
Lyndsey Hookway IBCLC – 2020
- Sweet Sleep ▲
Diane Wiessinger, Diane West, Linda J Smith & Teresa Pitman – 2014
- Why Your Baby's Sleep Matters ■
Sarah Ockwell-Smith IBCLC – 2016

Responsive parenting

These books all champion how being responsive to babies can make a big difference to both their wellbeing and brain development.

- Let's Talk About the First Year of Parenting ▲
Professor Amy Brown – 2020
- The Gentle Parenting Book ■
Sarah Ockwell-Smith – 2023
- Why Babywearing Matters ■
Rosie Knowles – 2016
- Why Oxytocin Matters ■
Professor Kerstin Uvnas Moberg – 2019

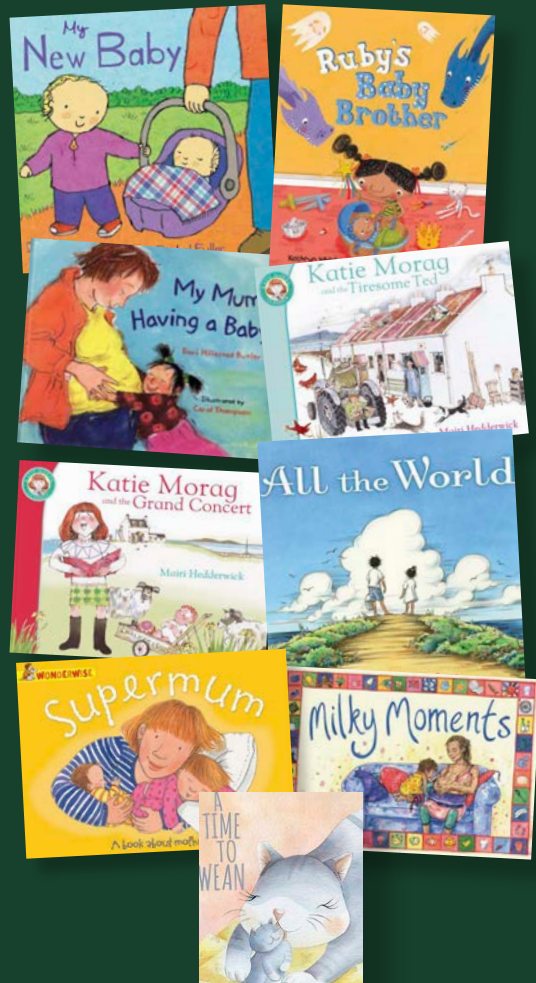


Children's books

Books to explore having a new baby in the family or talk about coming to the end of a child's breastfeeding journey. There are also children's books with images of breastfeeding to share at story time.

- My New Baby
- Ruby's Baby Brother
- My Mum's Having a Baby
- Katie Morag and the Tiresome Ted
- Katie Morag and the Grand Concert
- All the World
- Supermum
- Milky Moments
- A Time to Wean

We know there are many other books out there, so please use our selection as a guide. If you find a book which you feel should be part of this guide, then let us know. Follow the link or QR code below to contact us.



If you need support with feeding or caring for your baby please contact your Midwife, Health Visitor or GP or find more options for local support on our website <https://www.betterhealthns.co.uk/healthy-families/healthy-baby/infant-feeding/>

