Infant Nutrition and Health Resource List
October 2009

This publication is a collection of resources on the topic of infant nutrition and feeding. Resources include books, pamphlets and audiovisuals and are limited to those published in 2005 or later. Many of the pamphlets are available in single copies and some may also be purchased in bulk from the organization listed (Web addresses are provided for materials available online). The books and audiovisuals can be either borrowed from your local library or purchased from your local book store.

Materials may also be available to borrow from the National Agricultural Library (NAL) collection. Lending and copy service information is provided at the end of this document. Materials cannot be purchased from NAL. Contact information is provided for the publisher/producer if you wish to purchase any materials on this list.

A complete list of FNIC publications can be found at http://fnic.nal.usda.gov/resourcelists.

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I. Books

A. Breastfeeding

**ABCs of Breastfeeding: Everything a Mom Needs to Know for a Happy Nursing Experience**
Stacey H. Rubin M.N., APRN, IBCLC
**Description:** Guides new mothers in breastfeeding their infants properly with real-life stories and troubleshooting tips.

**Baby-Led Weaning: Helping Your Baby to Love Good Food**
Gill Rapley and Tracey Murkett
**Description:** Encourages self-feeding to help infants develop coordination, independence and chewing skills during the introduction of solid foods.

Amy Spangler, MN, RN, IBCLC
**Description:** Describes the benefits of breastfeeding as well as provides tips and guidance on how to breastfeed. Includes sections on potential complications and special needs. Also available in Spanish.

**Breastfeeding: Keep it Simple, 2nd Edition**
Amy Spangler, MN, RN, IBCLC
**Description:** Provides breastfeeding guidance to women in question and answer format. Includes resources for additional information. Also available in Spanish.

**The Breastfeeding Mother's Guide to Making More Milk**
Diana West, IBCLC and Lisa Marasco, MA, IBCLC
**Description:** Addresses common breastfeeding issues such as milk supply, milk flow, how to make more milk, nipple confusion, medicines and herbs, and positioning techniques.

**The Contented Little Baby Book of Weaning**
Gina Ford
**Description:** Guides parents through the stages of the weaning process. Also answers common questions and includes recipes.
**Medications and Mothers' Milk, 13th Edition**  
Thomas Hale, PhD  
**Description:** Includes pharmacological advice for lactation consultants, nurses, physicians and nursing mothers. Discusses many drugs, vitamins, and herbs in relation to the effect on breast milk.

**Mothering Multiples: Breastfeeding & Caring for Twins or More! 3rd Revised Edition**  
Karen Kerkhoff Gromada MSN, RN, IBCLC  
**Description:** Outlines common issues and concerns. Topics include breastfeeding, comforting a fussy baby, getting enough sleep and starting solid foods.

**Nonprescription Drugs for the Breastfeeding Mother**  
Frank J. Nice RPh, DPA, CPHP  
**Description:** Offers guidelines and recommendations for safely using medication while breastfeeding.

**Nursing Mother, Working Mother, 2nd Edition**  
Gale Pryor and Kathleen Huggins, RN, MS  
**Description:** Guides mothers on how to pump and store breast milk, negotiate with employers and establish a new feeding routine.

**The Nursing Mother’s Companion, 5th Edition**  
Kathleen Huggins, RN, MS  
**Description:** Includes instruction on how to breastfeed. Illustrations are provided for additional guidance.

**The Nursing Mother’s Guide to Weaning, Revised Edition**  
Kathleen Huggins, RN, MS and Linda Ziedrich  
**Description:** Provides information on weaning children of different ages by introducing bottles and complementary foods. Helps mothers delay or implement weaning practices.
Oh Yes You Can Breastfeed Twins: Plus More Tips for Simplifying Life with Twins
April Rudat, MS Ed, RD, LDN
Description: Presents tips and resources for breastfeeding twins. Topics include setting up the nursery environment, record keeping, and what to expect as the infants grow and develop over the first year.

Why Should I Nurse My Baby? And Other Questions Mothers Ask About Breastfeeding
Pamela Wiggins, IBCLC
Description: Discusses the benefits of breastfeeding and includes guidance and tips for the breastfeeding mom. Also available in Spanish, French, Haitian Creole, Chinese, Vietnamese and Native American.

B. General Nutrition and Health

Baby and Toddler Cookbook
Rachael Anne Hill
Description: Presents over 90 recipes categorized according to age, with color photos of each. Outlines kitchen basics such as food safety, equipment, and ingredients. Also includes sections on allergies and vegetarian eating.

The Baby Bistro: Child-Approved Recipes and Expert Nutrition Advice for the First Year
Christina Schmidt, MS
Description: Offers nutritional advice for pregnant mothers, things to be aware of when feeding your infant, including what not to give them. Provides few entrees for babies along with their nutrient needs and serving suggestions. Also discusses supplement information for vegan babies.

Baby Bites
Bridget Swinney, MS, RD
Description: Aids mothers in providing nutritious meals for infants and young children. Topics include introducing complementary foods, food timing, oral health, and vegetarianism. Also provides recipes.
The Baby Food Bible
Eileen Behan, RD
Description: Discusses food item by availability, nutrition, appropriateness for the infant, and proper preparation. Contains recipes for babies as well.

Better Baby Food: Your Essential Guide to Nutrition, Feeding and Cooking for All Babies and Toddlers
Daina Kalnins, RD, CNSD and Joanne Saab, RD
Description: Contains information about breast and bottle feeding and the introduction of solid foods. Recipes categorized by age ranges (6-8, 8-12, 12-18, over 18 months) and meal type (breakfast, lunch, dinner, snacks, desserts).

Complete Baby and Childcare
Dr. Miriam Stoppard
Description: Covers how to care for infants through preschool-aged children. Highlights nutrition and feeding, vegetarianism, special needs and dealing with illness.

The Complete Idiot's Guide to Feeding Your Baby and Toddler
Elizabeth Ward MS, RD
Description: Provides guidance on infant nutrition and health, as well as advice for weaning babies from soft foods to more solid foods. Includes chapters on food allergies, feeding a vegetarian child and more than 200 recipes.

Dealing with Food Allergies in Babies and Children
Janice Vickerstaff Joneja, PhD, RD
Description: Guides parents on what to expect when dealing with an infant/child with food allergies. Includes descriptions of the most common food allergies and intolerances, as well as strategies for managing the conditions.

The Everything Organic Cooking for Baby & Toddler Book
Kim Lutz and Megan Hart, MS, RD
Description: Contains information about organic eating and 300 recipes for organic dishes. Details how to make cooking simple and affordable.
Excerpts from Food for Tots, 3rd Edition
Janice Woolley, MD and Jennifer Pugmire
**Description:** Answers common questions about feeding children from birth until age six and how to save money when shopping for and preparing meals. Includes tables and figures of caloric needs.

Green Baby
**Description:** Discusses ways to incorporate environmentally-friendly techniques and behaviors into infant care. Topics include infant feeding, playing with the infant and creating a healthful environment for the infant.

Infant Nutrition and Feeding: A Guide for Use in the WIC and CSF Programs
**Description:** Examines topics related to infant nutrition and answers common questions. Also addresses complementary foods, food selection, and vegetarian nutrition.

“I Won’t Eat it!” Answers to Your Questions about Feeding Babies and Toddlers
Leann Birch, PhD and William Dietz, MD, PhD
**Description:** Covers feeding information on transitioning to solid food and feeding picky toddlers. Provides answers to common questions, personal stories, and a list of additional resources.

Meals Without Squeals: Child Care Feeding Guide and Cookbook, 3rd Edition
Christine Berman, MPH, RD, and Jacki Fromer
**Description:** Discusses nutritious food for children, including the following topics: children’s growth, common feeding problems, and how to offer children positive experiences with food.

My Child Won’t Eat!
Carlos Gonzalez, MD
**Description:** Guides parents and caregivers on how to prevent and manage eating and growth problems in infants and children.
The Petit Appetit Cookbook
Lisa Barnes
Description: Contains recipes for stage-appropriate foods for babies and toddlers, informs caregivers about food safety and provides convenient grocery shopping tips. Each recipe lists the nutrition facts and reference icons for vegetarians or individuals with food allergies.

II. Pamphlets/Booklets/Brochures/Fact Sheets/Web sites

A. Breastfeeding

Breast Feeding - Multiple Languages
Medline Plus, U.S. National Library of Medicine
Description: Discusses common concerns in a question and answer format. Topics include starting breastfeeding, positioning, pumping and storing breast milk. Also available in Bosnian, Chinese, French, Hindi, Korean, Marshallese, Portuguese, Russian, Somali, and Vietnamese.

Breast Pumps
U.S. Food and Drug Administration
Web site: http://www.fda.gov/cdrh/breastpumps/
Description: Gives information on how to choose, use and clean a breast pump.

Breastfeeding: Give Your Baby a Healthy Start
Channing Bete Company, Inc.
Description: Provides breastfeeding basics for busy moms. It explains the benefits of breastfeeding, offers self-care tips for nursing mothers, and lists sources of assistance for questions and concerns.
Ordering Information:
Channing Bete Company, Inc.
One Community Place
South Deerfield, MA 01373-0200
Phone: 800-477-4776 Email: custsvcs@channing-bete.com
Online ordering: http://store.channing-
bete.com/onlinestore/storeitem.html?vid=20050104004&iid=162826&lang=0&pos=5&ic
de=30664&pcode=&item=Breastfeeding---Give+Your+Baby+A+Healthy+Start
**Dad’s 10 Minute Breastfeeding Guide**  
Pamela Wiggins, IBCLC  
L.A. Publishing  
**Description:** Provides basic breastfeeding guidance for new fathers.  
**Ordering Information:**  
L.A. Publishing, LLC  
P.O. Box 773  
Franklin, VA 23851  
Phone: 800-397-5833  

**An Easy Guide to Breastfeeding**  
National Women’s Health Information Center, U.S. Department of Health and Human Services  
**Web site:** [http://www.4woman.gov/pub/bf.cfm](http://www.4woman.gov/pub/bf.cfm)  
**Description:** Presents information to women from different cultures on breastfeeding. Explains the benefits for baby, mother and society, and also includes provides frequently asked questions. Also available in Spanish and Chinese.

**MyPyramid for Pregnancy and Breastfeeding**  
Center for Nutrition Policy and Promotion, U.S. Department of Agriculture  
**Web site:** [http://www.mypyramid.gov/mypyramidmoms/](http://www.mypyramid.gov/mypyramidmoms/)  
**Description:** Covers tips and guidance for the pregnant and breastfeeding woman in an individualized format.

**Time to Feed Your Baby: Breastfeeding Positions and Tips**  
Amy’s Babies Company  
**Description:** Describes four basic breastfeeding positions, diagrams, and tips.  
**Ordering Information:**  
Amy’s Babies  
P.O. Box 501046  
Atlanta, GA 31150-1046  
Phone: 770-913-9332  

**Weaning**  
La Leche League International  
**Web site:** [http://www.llli.org/NB/NBweaning.html](http://www.llli.org/NB/NBweaning.html)  
**Description:** Includes answers to common questions and articles related to weaning.
Weaning Your Child
Nemours Foundation
Description: Discusses the decision on when to wean and approaches to the weaning process.

What You Should Know About Breastfeeding
American Institute for Cancer Research
Web site: http://www.aicr.org/site/DocServer/Breast_Feeding.pdf?docID=2161&JServSessionIdr010=z6h9tpmgd3.app44a
Description: Discusses how breastfeeding can prevent cancer in the mother and provide health benefits to the infant. It also includes information on other ways to reduce breast cancer risks.
Ordering Information:
American Institute for Cancer Research
1759 R Street, NW
Washington, DC 20009
Phone: 800-843-8114
Online ordering: http://www.aicr.org/site/PageNavigator/pub_Breast_Feeding

When Disasters Happen: Breastfeeding During Emergencies
Pamela Wiggins, IBCLC
L.A. Publishing
Description: Discusses the importance of and provides guidance for continuing breastfeeding during an emergency.
Ordering Information:
LA Publishing, LLC
P.O. Box 773
Franklin, VA 23851
Phone: 800-397-5833 Fax: 804-744-6022

B. General Nutrition and Health

Are You Passing Tooth Decay to Your Baby? A Guide to Oral Health for Your Baby’s First Year
Arizona Department of Health and Human Services
Description: Discusses how to protect baby’s teeth and prevent tooth decay.
Caring for Your Newborn: Keeping Tabs On Your Baby's First Year
Channing Bete Company, Inc.
Description: Uses tab format to present tips and guidance to new parents. Topics include feeding, safety, immunizations and well-child visits.
Ordering Information:
Channing Bete Company, Inc.
One Community Place
South Deerfield, MA 01373-0200
Phone: 800-477-4776 Email: custsvcs@channing-bete.com
Online ordering: http://store.channing-bete.com/onlinestore/storeitem.html?vid=20050104004&id=178058&icode=83402&item=Caring+For+Your+Newborn---+Keeping+Tabs+On+Your+Baby%26%39%3Bs+First+Year

Feeding Your Baby 6 to 12 Months
Washington State Department of Health
Web site: http://here.doh.wa.gov/materials/feeding-your-baby-6-to-12-months
Description: Provides a chart for guidelines to use when introducing foods to the older baby, including appropriate foods based on age and developmental readiness. Additional information on food safety, allergic reactions to food and dental care. Also available in Arabic, Cambodian, Chinese, Korean, Russian, Spanish and Vietnamese.

Feeding Your Baby Birth to 8 Months
Washington State Department of Health
Web site: http://here.doh.wa.gov/materials/feeding-your-baby-birth-to-8-months
Description: Provides information on when to introduce certain foods based on developmental stages of the infant. Also available in Arabic, Cambodian, Chinese, Korean, Russian, Somali, Spanish and Vietnamese.

Feeding Your Baby from Birth to Age 2: A Parent's Handbook
Channing Bete Company, Inc.
Description: Allows parents to keep track of child’s feeding schedules and health care appointments while providing information on infant nutrition, breastfeeding and weaning.
Ordering Information:
Channing Bete Company, Inc.
One Community Place
South Deerfield, MA 01373-0200
Phone: 800-477-4776 Email: custsvcs@channing-bete.com
Online ordering: http://store.channing-bete.com/onlinestore/storeitem.html?vid=20050104004&id=175609&icode=92169&item=Feeding+Your+Baby+From+Birth+To+Age+2%3B+A+Parent%26%2339%3Bs+Handb ok
First Steps to a Healthy Smile
American Academy of Pediatrics


Description: Contains information on caring for a child's teeth, from birth until 2 years, and tips on preventing tooth decay.

Ordering Information:
141 Northwest Point Boulevard
Elk Grove Village, IL 60007-1098
Phone: 847-434-4000
Online ordering:
https://www.nfaap.org/netforum/eweb/dynamicpage.aspx?site=nf.aap.org&webcode=apbks_productdetail&key=82459529-4831-46c5-b7d5-b87bb99fa9e0

Formula Feeding FAQs: How Much and How Often
Nemours Foundation


Description: Informs caregivers how to detect an infant’s hunger cues, prepare bottles, and ensure he or she is eating enough.

A Healthy Mouth for Your Baby
National Institute of Dental and Craniofacial Research, U.S. Department of Health and Human Services


Description: Provides information on preventing tooth decay, checking and cleaning your baby’s teeth and the importance of fluoride.

Order Information:
National Oral Health Information Clearinghouse
1 NOHIC Way
Bethesda MD, 20892-3500
Phone: 301-402-7364

Help Me Be Healthy Series
Help Me Be Healthy

Description: Offers guidance on child health and nutrition issues from birth through five years of age. Also available in Spanish.

Ordering Information:
Help Me Be Healthy
Phone: 888-531-9001 x102 Fax: 703-241-9060
Email: info@helpmebehealthy.net
Online ordering: http://www.helpmebehealthy.net/html/pamphlets.html
How to Feed Your Baby Step-by-Step
Oregon Dairy Council
Web site: http://www.oregondairycouncil.org/resources/free_downloads/downloads/How_To_Feed_Baby-English.pdf (English)
http://www.oregondairycouncil.org/resources/free_downloads/downloads/How_To_Feed_Baby-Spanish.pdf (Spanish)
Description: Gives tips about when to incorporate different food groups. Includes serving sizes and feeding advice.

I'm Ready! Feeding Family Foods to Your Baby
Washington State Department of Health
Description: Provides guidance on introducing the older infant to table foods, finger foods and more textured foods. Also available in Russian and Spanish.

Infant and Toddler Oral Health: Early Childhood Caries
Maryland Department of Health and Mental Hygiene
Web site: http://www.fha.state.md.us/pdf/oralhealth/fact_sheets/Infant_and_Toddler_OH-ECC.pdf
Description: Explains the causes of early childhood carries and methods of prevention; also discusses how to identify if a child has dental carries and ways to take action.

Infant and Toddler Oral Health: Teething
Maryland Department of Health and Mental Hygiene
Web site: http://www.fha.state.md.us/pdf/oralhealth/fact_sheets/Infant_and_Toddler_OH-teething.pdf
Description: Informs parents when to expect their child to develop teeth as well as how to brush and floss them.

It’s Time to Eat: Food for Your Baby
Oregon Department of Human Services
Web site: http://www.nal.usda.gov/wicworks/Sharing_Center/OR/Time_to_Eat.pdf (English)
http://www.nal.usda.gov/wicworks/Sharing_Center/OR/Time_to_Eat_Sp.pdf (Spanish)
Description: Contains information and tips on when and how to start your baby on solid foods, along with some simple steps for making your own baby food.
Newborn Care
March of Dimes
Description: Provides guidance for new parents on deciding about breastfeeding, finding a healthcare provider, and caring for the new baby. Includes a vaccination schedule. Also available in Spanish
Ordering Information:
1275 Mamaroneck Avenue
White Plains, NY 10605
Online ordering:

Start Healthy Stay Healthy Feeding Guidelines: Transitioning to Toddlerhood
American Dietetic Association and Gerber Products Company
Description: Discusses developmental signs of when it is appropriate to introduce new foods, ways to instill healthy eating habits and how to incorporate critical nutrients.

Starting Solid Foods
American Academy of Pediatrics
Description: Describes when to start feeding solid foods, what kinds of foods are ideal, expected changes once solid foods are introduced, and a section on choking.
Ordering Information:
141 Northwest Point Boulevard
Elk Grove Village, IL 60007-1098
Phone: 847-434-4000
Online ordering:

Stopping the Bottle
Nemours Foundation
Web site: http://kidshealth.org/parent/food/infants/no_bottles.html
Description: Guides parents and caregivers in weaning a child from a bottle to a cup.
III. Audiovisuals

A. Breastfeeding

Better Breastfeeding
InJoy Videos, 2008.
Online video clips: http://www.seewhatyouread.com with booklet (50 pp.)
Description: Provides guidance for the new parent on many important issues to be aware of when breastfeeding. Short videos addressing each topic are available to view online.
Ordering Information:
InJoy Videos
7107 La Vista Place
Longmont, CO 80503
Phone: 800-326-2082
Online ordering:

Injoy Videos, 2008. DVD (28 min.)
Description: Provides information for teen mothers who are interested in father involvement, getting support, and breastfeeding while in school. Also available in Spanish.
Ordering Information:
InJoy Videos
7107 La Vista Place
Longmont, CO 80503
Phone: 800-326-2082
Online ordering:

Better Breastfeeding: Your Guide to a Healthy Start
Injoy Videos, 2008. DVD (25 min.)
Description: Provides information on milk composition and production throughout the course of feeding. Shows proper latching techniques and hunger and fullness cues.
Ordering Information:
InJoy Videos
7107 La Vista Place
Longmont, CO 80503
Phone: 800-326-2082
Online ordering:
Breastfeeding: What’s a DAD Supposed to Do?
Eagle Video Productions, 2008. DVD (14 min.)
Description: Discusses the benefits of breastfeeding and addresses the father’s common concerns. Also gives helpful tips to support mothers.
Ordering Information:
Eagle Video Productions
2201 Woodnell Drive
Raleigh, NC 27603-5240
Phone: 800-838-5848
Online ordering: https://www.eaglevideo.com/secure_ordering.htm

Breastfeeding: You Can Do It!
Pamela K. Wiggins, IBCLC
LA Publishing, 2007. DVD (39 min.)
Description: Highlights the benefits of breastfeeding, different positions, and frequently asked questions related to issues such as preventing dehydration and storing milk.
Ordering Information:
LA Publishing
P.O. Box 773
Franklin, VA 23851
Phone: 800-397-5833 Fax: 804-744-6022

Breastfeeding and Returning to Work
Eagle Video Productions, 2007. DVD (12 min.)
Description: Discusses the many advantages of continuing to breastfeed and ways in which you can breastfeed while working or going to school.
Ordering Information:
Eagle Video Productions
2201 Woodnell Drive
Raleigh, NC 27603-5240
Phone: 800-838-5848
Online ordering: https://www.eaglevideo.com/secure_ordering.htm
Breastfeeding FAQs: Ask the Experts
Mother of 7, Inc., 2007. DVD (45 min.)
Description: Uses a panel of experts and moms to address frequently asked questions related to breastfeeding. Topics include the benefits of breastfeeding, preparing for breastfeeding before birth, who to call for help and overcoming common barriers and problems.
Ordering Information:
Mother of 7, Inc.
P.O. Box 7749
Dallas, TX 75209
Phone: 877-790-2229 Email: info@motherof7.com
Online ordering: http://www.motherof7.com/breastfeeding-kits.html

Breastfeeding for Working Mothers: Planning, Preparing and Pumping
Injoy Videos, 2009. DVD (18 min.)
Description: Encourages breastfeeding mothers to continue breastfeeding after returning to work. Topics include planning during pregnancy, practicing and establishing routine and pumping and storing breast milk at work.
Ordering Information:
InJoy Videos
7107 La Vista Place
Longmont, CO 80503
Phone: 800-326-2082

Multiples: More of Everything
Injoy Videos, 2009. DVD (50 min.)
Description: Educates parents on what to expect during pregnancy, delivery, and the postpartum period after conceiving twins or triplets. Discusses breastfeeding multiples. Two volume set.
Ordering Information:
InJoy Videos
7107 La Vista Place
Longmont, CO 80503
Phone: 800-326-2082
B. General Nutrition and Health

Caring for Your Baby
Channing Bete Company, Inc., 2008. DVD (15 min.)
**Description:** Offers parenting tips and techniques for caring and feeding baby. Also available in Spanish.
**Ordering Information:**
Channing Bete Company, Inc.
One Community Place
South Deerfield, MA 01373-0200
Phone: 800-477-4776   Email: custsvcs@channing-bete.com

Childhood Nutrition: Preventing Obesity: Volume 1: Feeding Your Baby
InJoy Videos, 2005. DVD (19 min.)
**Description:** Provides nutrition and feeding guidance for parents. Discusses ways to begin introducing new foods. Also available in Spanish.
**Ordering Information:**
InJoy Videos
7107 La Vista Place
Longmont, CO 80503
Phone: 800-326-2082
Online ordering:

Feeding Your Baby Solid Foods
Department of Biomedical Communications, Health Sciences Centre Winnipeg, 2007. DVD (19 min.)
**Description:** Helps parents guide baby from breastmilk/formula to solid foods and then to table foods and drinking from a cup. Also shows how to prepare homemade baby food.
**Ordering Information:**
Department of Biomedical Communications, Health Sciences Centre Winnipeg
Phone: 204-787-1527   Fax: 204-787-1215   Email: bmc@hsc.mb.ca
**How to Make Baby Food**  
Fresh Baby LLC, 2009. DVD 22 min.  
**Description:** Shows step-by-step instruction from selecting the right produce, making baby food, and then serving it.  
**Ordering Information:**  
Fresh Baby LLC  
202 Grove Street  
Petoskey, MI 49770  
Phone: 866-40-FRESH (866-403-7374)   
Email: info@freshbaby.com

**I Can Feed Myself! A Baby-Led Approach to Introducing Solid Foods**  
Platypus Media, 2006. DVD (17 min.)  
**Description:** Explains how to transition the infant from breast milk or formula to solid foods. Provides guidance on when to start certain foods and how to encourage the infant to eat at his or her own pace.  
**Ordering Information:**  
Platypus Media  
627 A Street, NE  
Washington, DC 20002  
Phone: 877-PLATYPS   
Fax: 202-546-2356  
Online ordering: [http://www.platypusmedia.com/node/47](http://www.platypusmedia.com/node/47)

**Mother and New Baby Care**  
Online Video Clips: [http://www.seewhatyouread.com](http://www.seewhatyouread.com) with booklet (50 pp.)  
**Description:** Covers mother and new baby care, including feeding and caring for the infant. Includes a daily feeding log. Also available in Spanish.  
**Ordering Information:**  
InJoy Videos  
7107 La Vista Place  
Longmont, CO 80503  
Phone: 800-326-2082  
Online ordering:  
Your Healthy Baby
Parents Action for Children, 2008. DVD (30 min.)
Description: Discusses health and nutrition during the first few years of a child’s life, as well as the importance of well-child visits. Includes tips and guidance for breastfeeding, formula feeding and feeding complementary foods.
Ordering Information:
Parents’ Action for Children
P.O. Box 2096
Culver City, CA 90231
Phone: 888-447-3400
Online ordering: http://store.parentsactionstore.org/prostores/servlet/Detail?no=566

IV. National Contacts

American Academy of Pediatric Dentistry
211 East Chicago Avenue, Suite 1700
Chicago, IL 60611-2637
Phone: 312-337-2169
Web site: http://www.aapd.org/

American Academy of Pediatrics
141 Northwest Point Boulevard
Elk Grove Village, IL 60007-1098
Phone: 847-434-4000
Web site: http://www.aap.org/

American Dietetic Association
120 South Riverside Plaza, Suite 2000
Chicago, IL 60606-6995
Phone: 800-877-1600
Web site: http://www.eatright.org

Baby-Friendly USA
327 Quaker Meeting House Road
E. Sandwich, MA 02537
Phone: 508-888-8092
Web site: http://www.babyfriendlyusa.org/

Centers for Disease Control and Prevention
1600 Clifton Road
Atlanta, GA 30333
Phone: 800-232-4696
Web site: http://www.cdc.gov/breastfeeding/
Food and Drug Administration
10903 New Hampshire Avenue
Silver Spring, MD 20993
Phone: 888-INFO-FDA (888-463-6332)
Web site: http://www.fda.gov/

Human Milk Banking Association of North America
1500 Sunday Drive, Suite 102
Raleigh, NC 27607
Phone: 919-787-5181
Web site: http://www.hmbana.org/

International Lactation Consultants Association
2501 Aerial Center Parkway, Suite 103
Morrisville, NC 27560
Phone: 919-861-5577
Web site: http://www.ilca.org/

La Leche League International
P.O. Box 4079
Schaumburg, IL 60168-4079
Phone: 800-LALECHE (800-525-3243)
Web site: http://www.llli.org/

March of Dimes
1275 Mamaroneck Ave
White Plains, NY 10605
Phone: 914-997-4488
Web site: http://www.marchofdimes.com/

Maternal and Child Health Bureau
Health Resources and Services Administration
Parklawn Building Room 18-05
5600 Fishers Lane
Rockville, MD 20857
Phone: 301-443-2170
Web site: http://mchb.hrsa.gov/

National Healthy Mothers, Healthy Babies Coalition
2000 N. Beauregard Street, 6th Floor
Alexandria, VA 22311
Phone: 703-837-4792
Web site: http://www.hmhb.org/
National Institute of Child Health and Human Development
P.O. Box 3006
Rockville, MD 20847
Phone: 800-370-2943
Web site: http://www.nichd.nih.gov/index.cfm

National Maternal and Child Oral Health Resource Center
Georgetown University
Box 571272
Washington, DC 20057-1272
Phone: 202-784-9771
Web site: http://www.mchoralhealth.org/

National Women’s Health Information Center
Office on Women’s Health
Department of Health and Human Services
200 Independence Avenue, SW Room 712E
Washington, DC 20201
Phone: 800-994-9662
Web site: http://www.womenshealth.gov/

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
Food and Nutrition Service, USDA
3101 Park Center Drive
Alexandria, VA 22302
Phone: 703-305-2746

United States Breastfeeding Committee
2025 M Street, NW, Suite 800
Washington, DC 20036
Phone: 202-367-1132
Web site: http://usbreastfeeding.org/

Zero to Three: National Center for Infants, Toddlers and Families
2000 M St. NW, Suite 200
Washington, DC 20036
Phone: 202-638-1144
Web site: http://www.zerotothree.org
This resource list was compiled by:
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Acknowledgment is given to the following FNIC reviewers:
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