



Health
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Breastfeeding

A Selected Bibliography

and Resource Guide

Breastfeeding Friendly



ANYTIME. ANYWHERE.

Canada

Breastfeeding

A Selected Bibliography

and Resource Guide

Our mission is to help the people of Canada
maintain and improve their health.

Health Canada

Published by authority of the Minister of Health

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Relevant and recent resource materials, general and technical references, and
scientific articles were selected to be included in this guide. Many were
suggested by provincial and territorial nutritionists and health professionals
across Canada, and others from sources within Health Canada.

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Section I – Health Canada Materials

Breastfeeding

Pamphlets

- 10 Great Reasons to Breastfeed 1990
- 10 Valuable Tips for Successful Breastfeeding 1991

Poster Series

- “Who said a day at the park...” 1994
- “Who said a day at the mall...” 1994
- “Who said time with friends was...” 1996
- “Breast milk, Accept no substitutes” 1995

Transit Boards

- Breastfeeding Transit Boards 1994

Kits

- Postpartum Parent Support Program – Health
promotion resource package 1993
- Poster 1995
- Breastfeeding Advocacy Kit 1991
(Section 1 contains material on the importance of
breastfeeding and section 2, resource materials for
parent counselling and in-service training.)

Section 1

International Code of Marketing of
Breast-milk Substitutes 1990
Present Patterns and Trends in Infant Feeding
in Canada 1990
Breastfeeding – A Selected Bibliography
and Resource Guide 1996

Section 2

10 Valuable Tips for Successful Breast-feeding
(Health Canada, HC) 1991
When You Breastfeed Your Baby
(La Leche League, LLL) 1989
Practical Hints for Working and
Breastfeeding (LLL) 1991
Does Breastfeeding Take Too Much Time? (LLL) 1989
Manual Expression of Breast Milk,
Marmet Technique (LLL) 1989
Breastfeeding Promotional Kit 1995
(Contains posters, transit boards, WP51 media
diskette and social marketing documents.)

Works

Breastfeeding Support Part 1 1993
Survey of Breastfeeding Support
Services in North America Part 2 1993
Breastfeeding PSA 1994
Study of Attitudes on Breastfeeding:
Executive Summary 1995

Sudden Infant Death Syndrome (SIDS)

Joint Statement on Reducing the Risk of Sudden Infant Death in Canada (CFSIDS, CPS, CICH and Health Canada)	1993
The Proceedings of the Workshop on SIDS Reducing the Risk of SIDS in Canada	1993
Sudden Infant Death Syndrome (SIDS) (Parent Information Sheet)	1994
Sweet Dreams (SIDS) PSA	1995
Sweet Dreams (SIDS) Poster	1995
Sweet Dreams (SIDS) Parent Pamphlet	1995
Backgrounder Awareness Campaign on Sudden Infant Death Syndrome	1995
SIDS Media Kit	1995
(Contains one copy of all the above SIDS material)	

These Health Canada publications may be obtained from:

Health Canada
Publications
Room 0124C
Postal Locator 0900C2
Brooke Claxton Building
Tunney's Pasture
Ottawa, Ontario K1A 0K9
Tel.: (613) 954-5995
Fax: (613) 941-5366

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Breast Conditions (Cancer and Surgeries)

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Breastfeeding and Sudden Infant Death Syndrome

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Pamphlets

1. Cerruti E and Danner S.
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Rochester, New York: Childbirth Graphics, 1989.
2. Danner S and Cerruti E.
“Nursing your Baby Beyond the First Days.”
Rochester, New York: Childbirth Graphics, 1989.
3. Danner S and Cerruti E.
“Nursing your Baby for the First Time.”
Rochester, New York: Childbirth Graphics, 1989.
4. Danner S and Cerruti E.
“Nursing your Baby with Down’s Syndrome.”
Rochester, New York: Childbirth Graphics, 1990.
5. Danner S and Cerruti E.
“Nursing your Neurologically Impaired Baby.”
Rochester, New York: Childbirth Graphics, 1990.

Posters

1. **Bond of Love.** La Leche League International.
2. **Breastfeeding, Naturally.** La Leche League International.
(Available from La Leche League Canada.)
3. **Buffy Ste. Marie Breast-feeding her Baby, Dakota Starblanket.** La Leche League International. (Available from La Leche League Canada.)
4. **Come Close to Your Baby – Be a Nursing Mother.** Manitoba Department of Health and Community Services.
5. **“...If Your Baby Could Choose...”** Saskatchewan Health.
6. **Mankind Owes to the Child the Best that it has to Give.** Bilingual poster. La Leche League Canada.

Section IV – Audio-Visual Resources

Filmstrips with Audio Cassettes

1. **Best for Baby ... Best for You**
La Leche League in Canada, 493 Main Street, Winchester,
Ontario K0C 2K0
Features a discussion between two mothers. A basic
introduction to the advantages of breastfeeding, but
does not cover techniques. 56 frames. Also available
as 35mm colour slides.

Slide Tapes

1. **Breastfeeding**
St. Joseph's Hospital, 50 Charlton Avenue East, Hamilton,
Ontario L8N 1Y4
Produced under a contribution from the Health Promotion
Contributions Fund. This four-part series introduces
breastfeeding, gives specific instructions for nursing
and tells how to manage breastfeeding problems.

Video Cassettes

1. **Baby Basics**
Canadian Learning Company Incorporated, 2229 Kingston
Road, Suite 203, Scarborough, Ontario M1N 1T8 (1987).
2. **Breast-feeding Techniques That Work**
Vol. 1-4, 1986, Kittie Franz, 47 Congress, Pasadena,
California 91105
3. **Breastfeeding Techniques that Work**
(series of 6 tapes)
Kittie Franz, 10546 McVine, Sunland, California 91040

1. First Attachment (14 minutes)
2. First Attachment after a Caesarean Section (24 minutes)
3. First Attachment in Bed (15 minutes)
4. Burping the Baby (15 minutes)
5. Successful Working Mothers (51 minutes)
6. Hand Expression (16 minutes)
4. **Breastfeeding With Pleasure**
Halton County Health Department, 115 Bronte Road,
Oakville, Ontario L6L 3B7
5. **Breastfeeding Your Baby – A Mother’s Guide**
Available from Medela distributors and La Leche
League International. 60 minutes (1987).
6. **Breast is Best**
Gro Nylander, Norwegian Board of Health (1994).
Infact Canada, 10 Trinity Square, Toronto, Ontario M5G 1B1.
7. **L’Art de l’allaitement**
Ligue La Leche (1993).
Ligue La Leche, C.P. 874, Saint-Laurent, Quebec H4L 4W3.
** English version available soon.
8. **Learning to Be Baby-Friendly –
One Hospital’s Experience**
UNICEF (1993).
Order from: British Columbia Reproductive Care Program.
207-1909 West Broadway, Vancouver, British
Columbia V6J 1Z3.
9. **Nutritional Aspects of Breastfeeding**
Department of Education Resources, The Bow Valley Centre,
The Calgary General Hospital, Calgary, Alberta T2E 0A1.
VHS, Beta, U-matic; 15 minutes; English, French, Cantonese,
Cambodian, Hindi and Vietnamese (1989).
10. **The Art of Successful Breastfeeding –
A guide for health professionals.**
1995 (70 mins, 4 chapters). New Media Ltd. By the
Vancouver Breastfeeding Centre, 690 West 11th Avenue,
Vancouver, British Columbia V5Z 1M1.
11. **The Art of Successful Breastfeeding – A mother’s guide.**
1995 (70 mins, 4 chapters). New Medis Ltd. By V. Livingstone.

Section V – On-line Services

1. **Health Canada's Health Promotion Line:**
<http://www.hc-sc.gc.ca/hppb/cny/index.html>
2. **INFACT Canada Home Page:**
<http://www.io.org/~infacto>
3. **La Leche League Home Page:**
<http://www.lalecheleague.org/>

Section VI – Useful Addresses

**Canadian Association of
Lactation Consultants**
2125-29 Avenue South West
Calgary, Alberta T2T 1N6

Health Canada

Bureau of Nutritional Sciences
Food Directorate
Health Protection Branch
Banting Building-3rd Floor Centre
Tunney's Pasture
Ottawa, Ontario K1A 0L2

**Child, Youth and
Family Health Unit**
Population Health Directorate
Jeanne Mance Building
Postal Locator 1909C2
Tunney's Pasture
Ottawa, Ontario K1A 1B4

Nutrition Programs Unit
Health Promotion Directorate
Jeanne Mance Building
Tunney's Pasture
Postal Locator 1906C
Ottawa, Ontario K1A 0L2

INFACT Canada
10 Trinity Square
Toronto, Ontario M5G 1B1

**International Lactation
Consultants Association (ILCA)**
P.O. Box 4031
University of Virginia Station
Charlottesville, Virginia 22903
USA

La Leche League Canada
18C Industrial Drive
P.O. Box 29
Chesterville, Ontario K0C 1H0

La Leche League International
1400 North Meacham Road
P.O. Box 4079
Schaumburg, Illinois 60168.4079
USA

Ligue internationale La Leche Inc.
1260, de la Chaudière
St-Rédempteur, Quebec G6K 1C5

**An extensive publication list of La
Leche League materials is available
free of charge from La Leche League
Canada, including a special listing of
materials for physically disabled
persons. Available on audio tape or in
braille, and information sheets on
breastfeeding in special situations.**

UNICEF Canada

Baby-Friendly Hospital Initiative
443 Mount Pleasant Road
Toronto, Ontario M4S 2L8

WABA – World Alliance for Breastfeeding Action

P.O. Box 1200
10850 Penang
Malaysia

World Health Organization (WHO)

Maternal and Child Health Unit
Avenue Appia
1211 Geneva 27
Switzerland

World Health Organization literature is available in Canada through the Canadian
Public Health Association, 1335 Carling Avenue, Ottawa K1Z 8N8.

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