

Selected References

ONE Nesting

there is almost nothing you can do for your child in his whole life that will affect him both emotionally and physically as profoundly as breastfeeding

- Gartner, L.M. et al. 2005. Breastfeeding and the use of human milk; American Academy of Pediatrics Section on Breastfeeding. *Pediatrics* 115(2):496–506.
- Ip, S. et al. 2007. Breastfeeding and maternal and infant health outcomes in developed countries. *Evidence Rep Tec Assess (Full Rep.)* 153:1–186.
- Kramer, M.S. et al. 2001. Promotion of breastfeeding Intervention Trial (PROBIT): a randomized trial in the Republic of Belarus. *JAMA* 285(4):413–420.
- Lönnerdal, B. 2003. Nutritional and physiologic significance of human milk proteins. *Am J Clin Nutr* 77(6):1537S–1543S.
- Stuebe, A.M. and E.B. Schwarz. 2010. The risks and benefits of infant feeding practices for women and their children. *J Perinatology* 30(3):155–162.
- Turck, D. 2005. Comité de nutrition de la Société française de pédiatrie [Breast feeding: health benefits for child and mother] [Article in French] *Arch Pediatr* 12 Suppl 3:S145–65. (Epub 2005 Nov 21.)

your milk has every vitamin, mineral, and other nutritional element that your baby's body needs

- James, D.C. and R. Lessen. 2009. Position of the American Dietetic Association: promoting and supporting breastfeeding. *J Am Diet Assoc* 109(11):1926–42.

[milk] changes subtly through the meal, day, and year, to match subtle changes in his requirements

- Hale, T.W. and P.E. Hartmann, eds. *Textbook of Human Lactation*. Amarillo, TX: Hale Publishing.
- Lawrence, R.A. and R.M. Lawrence. 2005. *Breastfeeding: A Guide for the Medical Profession, 6th edition*. Philadelphia, PA: Elsevier Mosby.

living cells that are unique to your milk

- Goldman, A.S. et al. 1990. Anti-inflammatory systems in human milk. *Adv Exp Med Biol* 262:69–76.

interferon and interleukins are powerful anti-infectives

- Buescher, E.S. 2001. Anti-inflammatory characteristics of human milk: how, where, why. *Adv Exp Med Biol* 501:207–22.

- Chien, P.F. and P.W. Howie. 2001. Breast milk and the risk of opportunistic infection in infancy. *Adv Nutr Res* 10:69–104.
- Hamosh, M. 2001. Bioactive factors in human milk. *Pediatr Clin North Am* 48(1):69–86.

your milk can even treat eye infections

- Cugali, N. and D.S. Moore. 1984. Current considerations in neonatal conjunctivitis. *J Nur Midwifery* 29(3):197–204.

ear infections

- Sabirov, A. et al. 2009. Breast-feeding is associated with a reduced frequency of acute otitis media and high serum antibody levels against NTHi and outer membrane protein vaccine antigen candidate P6. *Pediatr Res* 66(5):565.

intestinal upsets

- Dujits, L. et al. 2009. Breastfeeding protects against infectious diseases during infancy in industrialized countries. A systematic review. *Matern Child Nutr* 5(3):199–210.

respiratory problems

- Ogbuanu, I.U. et al. 2009. Effect of breastfeeding duration on lung function at age 10 years: a prospective birth cohort study. *Thorax* 64(1):62–66.

allergies

- Muche-Borowski, C. et al. 2009. Allergy prevention. *J Dtsch Dermatolog Ges* 106(39):625–631.

dental problems

- Leite-Cavalcanti, A. et al. 2007. Breast-feeding, bottle-feeding, sucking habits and malocclusion in Brazilian preschool children. *Rev Salud Publica* 9(2):194–204.

vision

- Agostini, C. and M. Giovannini. 2001. Cognitive and visual development: influence of differences in breast and formula fed infants. *Nutr Health* 15(3–4):183.

his immune system's response to vaccinations is less effective

- Dorea, J.G. 2009. Breastfeeding is an essential complement to vaccination. *Acta Paediatr* 98(8):1244–1250.

the risk of SIDS

- McVea, K.L. et al. 2000. The role of breastfeeding in sudden infant death syndrome. *J Hum Lact* 16(1):13–20.
- Venemann, M.M. et al. 2009. Does breastfeeding reduce the risk of sudden infant death syndrome? *Pediatrics* 123(3): e406–e410.

infant death from many other causes is higher

- Chen, A. and W.J. Rogan. 2004. Breastfeeding and the risk of postneonatal death in the United States. *Pediatrics* 113(5):e435–e439.

greater risk of Crohn's disease, ulcerative colitis

- Barclay, A.R. 2009. Systematic review: the role of breastfeeding in the development of pediatric inflammatory bowel disease. *J Pediatr* 155(3):421–426.

heart disease

- Parikh, N.H. et al. 2009. Breastfeeding in infancy and adult cardiovascular disease risk factors. *Am J Med* 122(7):656–663.

certain cancers

- Bener, A. et al. 2008. Does prolonged breastfeeding reduce the risk for childhood leukemia and lymphomas? *Minerva Pediatr* 60(2):155–161.

[if formula-fed] he responds to stress more negatively

- Montgomery, S.M., A. Ehlin, and A. Sacker. 2006. Breastfeeding and resilience against psychological stress. *Arch Dis Child* 91(12):990–994.

obesity

- O'Tierney, P.F. et al. 2009. Duration of breast-feeding and adiposity in adult life. *J Nutr* 139(2):422S–425S.

type 2 diabetes

- Pettit, D.J. et al. 1997. Breastfeeding and the incidence of non-insulin-dependent diabetes mellitus in Pima Indians. *Lancet* 350:166–168.

osteoporosis

- Jones, G. et al. 2000. Breastfeeding in early life and bone mass in prepubertal children: a longitudinal study. *Osteoporosis Int* 11(2):146–152.

IQ studies

- Kramer, M.S. 2008. Breastfeeding and child cognitive development: new evidence from a large randomized trial. *Arch Gen Psychiatry* 65(5):578–584.

pancreatic secretory trypsin inhibitor

- Marchbank, T. et al. 2009. Pancreatic secretory trypsin inhibitor is a major motogenic and protective factor in human breast milk. *Am J Physiol Gastrointest Liver Physiol* 296(4):G697–703.

colostrum is a laxative

- Lawrence, R.A. and R.M. Lawrence. 2005. *Breastfeeding: A Guide for the Medical Profession*, 6th edition, 114. Philadelphia, PA: Elsevier Mosby.

human growth factor continues to develop those intestines, bones, and other organs. Insulin for digestion, long-chain fatty acids for a healthy heart, lactose for brain development—it's all there

- Lawrence, R.A. and R.M. Lawrence. 2005. *Breastfeeding: A Guide for the Medical Profession*, 6th edition. Philadelphia, PA: Elsevier Mosby.

the child who breastfeeds for less than a year is much more likely to need orthodontia later on

- Page, D.C. 2001. Breastfeeding in early functional jaw orthopedics. *Funct Orthod* 18(3):24–27.

when your newborn takes your breast soon after delivery, your uterus contracts and bleeding slows

- Sobhy, S.I. and N.A. Mohame. 2004. The effect of early initiation of breast feeding on the amount of vaginal blood loss during the fourth stage of labor. *J Egypt Public Health Assoc* 79(1–2):1–12.

your periods most likely won't come back for at least six months. Your chances of getting pregnant again will be extremely low

- Aryal, T.R. 2007. Differentials of post-partum amenorrhea: a survival analysis. *J Nepal Med Assoc* 46(166):66–73.

breastfeeding helps many (not all) women lose weight readily

- Harder, T. et al. 2005. Duration of breastfeeding and risk of overweight: a meta-analysis. *Am J Epidemiol* 162(5):397–403.

women who haven't breastfed are at greater risk for metabolic syndrome

- Gunderson, E.P. et al. 2007. Lactation and changes in maternal metabolic risk factors. *Obstet Gynecol* 109(3):729–738.
- Lawlor, D.A. et al. 2005. Infant feeding and components of the metabolic syndrome: findings from the European Youth Heart Study. *Arch Dis Child* 90:582–588.
- Ram, K.T. et al. 2008. Duration of lactation is associated with lower prevalence of the metabolic syndrome in midlife—SWAN, the study of women's health across the nation. *Am J Obstet Gynecol* 198(3): 268.e1–6.
- Stuebe, A.M. et al. 2005. Duration of lactation and incidence of type 2 diabetes. *JAMA* 294(20):2601–2610.
- Stuebe, A.M. and J.W. Rich-Edwards. 2009. The reset hypothesis: lactation and maternal metabolism. *Am J Perinatol* 26(1):81–88.

heart disease

- Schwarz, E.B. et al. 2009. Duration of lactation and risk factors for maternal cardiovascular disease. *Obstet Gynecol* 113(5):974–978.

if you already have insulin-dependent diabetes, you're likely to need less insulin while you're a nursing mother

- Coastal Bend Breastfeeding Coalition. 2009. *Diabetes and breastfeeding—why breastfeed?* <http://www.momsmilk.org/article_diabetes_breastfeeding.html>.
- National Collaborating Centre for Women's and Children's Health. 2008. *NICE Clinical Guideline 63: Diabetes in pregnancy. Management of diabetes and its complications from preconception to the postnatal period.* 2008. <<http://www.nice.org.uk/CG063>>.
- Riviello, C. et al. 2009. Breastfeeding and the basal insulin requirement in type I diabetic women. *Endocr Pract* 15(3):187–193.

breastfeeding is also an insurance policy against breast, uterine, and cervical cancer

- Collaborative Group on Hormonal Factors in Breast Cancer. 2002. Breast cancer and breastfeeding: collaborative reanalysis of individual data from 47 epidemiological studies in 30 countries, including 50302 women with breast cancer and 96973 women without the disease. *Lancet* 360(9328):187–195.
- Danforth, K.N. et al. 2007. Breastfeeding and risk of ovarian cancer in two prospective cohorts. *Cancer Causes Control* 18(5):517–523.

osteoporosis and fractures are also more common in women who didn't breastfeed

- Cumming, R.G. and R.J. Klineberg. 1993. Breastfeeding and other reproductive factors and the risk of hip fractures in elderly women. *Int J Epidemiol* 22:684–691.
- Lopez, J.M. et al. 1996. Bone turnover and density in healthy women during breastfeeding and after weaning. *Osteoporos Int* 6:153–159.
- Paton, L.M. et al. 2003. Pregnancy and lactation have no long-term deleterious effect on measures of bone mineral in healthy women: a twin study. *Am J Clin Nutr* 77:707–714.

a formula-feeding mother's blood pressure is likely to be higher

- Jonas, W. et al. 2008. Short- and long-term decrease of blood pressure in women during breastfeeding. *Breastfeeding Med* 3(2): 103–109.

mental health

- Mezzacappa, E.S. 2004. Breastfeeding and maternal stress response and health. *Nutr Rev* Jul; 62(7 Pt 1):261–268.
- Mezzacappa, E.S. and E.S. Katlin. 2002. Breast-feeding is associated with reduced perceived stress and negative mood in mothers. *Health Psychol* 21(2):187–193.

risk of developing such autoimmune diseases as rheumatoid arthritis

- Brun, J.G. et al. 1995. Breast feeding, other reproductive factors and rheumatoid arthritis. A prospective study. *Br J Rheumatol* 34(6):542–546.
- Jacobsson, L.T. et al. 2003. Perinatal characteristics and risk of rheumatoid arthritis. *BMJ* 326(7398):1068–1069.
- Pikwer, M. et al. 2009. Breast feeding, but not use of oral contraceptives, is associated with a reduced risk of rheumatoid arthritis. *Ann Rheum Dis* 68(4):526–530.

the breastfeeding experience can also help heal many emotional wounds, from a difficult or traumatic birth to an abusive past

- Coles, J. 2009. Qualitative study of breastfeeding after childhood sexual assault. *J Hum Lact* 25(3):317–324.

evidence that [hand-expressing colostrum prenatally] may also boost your future supply

- Butler, K. and S. Upstone. 2008. *Antenatal Expression of Colostrum*. LLLGB.
- Cox, S. 2006. Expressing and storing colostrum antenatally for use in the newborn period. *Breastfeeding Review* 14(3):11–16.
- Oscroft, R. 2001. Antenatal expression of colostrum. *Pract Midwife* 4(4):32–35.

babies who aren't "worn" by adults for much of the day fuss more than those who are

- Hunziker, U.A. and R.G. Barr. 1986. Increased carrying reduces infant crying: a randomized controlled trial. *Pediatrics* 77(5):641–648.

your supply won't increase much from about one month on

- Neville, M.C. et al. 1991. Studies in human lactation: milk volume and nutrient composition during weaning and lactogenesis. *Am J Clin Nutr* 54:81–92.

TWO Building Your Network

being part of a supportive community is more important than you might think

- Pitman, T. 2000. Finding your tribe. *Mothering* 102:72–77.

THREE Birth!

the average first labor starts at forty-one weeks or so

- Mittendorf, R. et al. 1990. The length of uncomplicated human gestation. *Obstet Gynecol* 75(6):929–932.

attempts to induce labor with Pitocin (artificial oxytocin, the hormone that causes contractions) often “fail”

- Bidgood, K.A. and P.J. Steer. 1987. A randomized control study of oxytocin augmentation of labour. 2. Uterine activity. *Br J Obstet Gynaecol* 94(6):518–522.
- Steer, P.J. et al. 1985. The effect of oxytocin infusion on uterine activity level in slow labour. *Br J Obstet Gynaecol* 92:1120–1126.

added fluids may increase breast engorgement

- Academy of Breastfeeding Medicine Protocol Committee. Berens, P. 2009. ABM clinical protocol #20: Engorgement. *Breastfeed Med* 4(2): 111–113.
- Cotterman, K.J. 2004. Reverse Pressure Softening: a simple tool to prepare areola for easier latching during engorgement. *J Hum Lact* 20(2): 227–237.
- Martens, P.J. and L. Romphf. 2007. Factors associated with newborn in-hospital weight loss: comparisons by feeding method, demographics, and birthing procedures. *J Hum Lact* 23(3):233–241.

eating and drinking as much as you want to in labor

- O’Sullivan, G. et al. 2009. Effect of food intake during labour on obstetric outcome: randomised controlled trial. *BMJ* 338:b784.

catecholamines—fight-or-flight hormones

- Selin, L. et al. 2008. Dystocia in labour—risk factors, management and outcome: a retrospective observational study in a Swedish setting. *Acta Obstet Gynecol Scand* 87(2):216–221.
- Simkin, P. 1986. Stress, pain, and catecholamines in labor: a review. *Birth* 13(4): 227–233.

a labor support person, sometimes called a doula

- Hodnett, E.D. et al. 2007. Continuous support for women during childbirth. *Cochrane Database Syst Rev* 18(3):CD003766.
- Langer, A. et al. 1998. Effects of psychosocial support during labour and childbirth on breastfeeding, medical interventions, and mothers’ wellbeing in a Mexican public hospital: a randomised clinical trial. *Br J Obstet Gynaecol* 105(10):1056–1063.

having to lie still or lie on your back during labor has been shown to lengthen labor

- Albers, L.L. et al. 1997. The relationship of ambulation in labor to operative delivery. *J Nurse Midwifery* 42(1):4–8.
- Lawrence, A. et al. 2009. Maternal positions and mobility during first stage labour. *Cochrane Database Syst Rev* 15(2):CD003934.
- Varrassi, G. et al. 1989. Effects of physical activity on maternal plasma beta-endorphin levels and perception of labor pain. *Am J Obstet Gynecol* 160(3):707–712.

releases endorphins, the same pain-relieving hormones

- Pancheri, P. et al. 1985. ACTH, beta-endorphin and met-enkephalin: peripheral modifications during the stress of human labor. *Psychoneuroendocrinology* 10(3):289–301.
- Smith, R. et al. 1990. Mood changes, obstetric experience and alterations in plasma cortisol, beta-endorphin and corticotrophin releasing hormone during pregnancy and the puerperium. *J Psychosom Res* 34(1):53–69.
- Zanardo, V. et al. 2001. Beta endorphin concentrations in human milk. *J Pediatr Gastroenterol Nutr* 33(2):160–164.

epidural

- De Barros Duarte, L. et al. 2007. Placental transfer of bupivacaine enantiomers in normal pregnant women receiving epidural anesthesia for Cesarean section. *Eur J Clin Pharmacol* 63(5):523–526.
- O'Hana, H.P. et al. 2008. The effect of epidural analgesia on labor progress and outcome in nulliparous women. *J Matern Fetal Neonatal Med* 21(8):517–521.
- Smith, L.J. 2007. Impact of birthing practices on the breastfeeding dyad. *J Midwifery Womens Health* 52(6):621–630.
- Smith, L.J. 2008. Why Johnny can't suck: impact of birth practices on infant suck. In *Supporting Sucking Skills in Breastfeeding Infants*. Genna, C.W., ed. Sudbury, MA: Jones and Bartlett.
- Thorp, J.A. et al. 1994. Epidural analgesia in labor and Cesarean delivery for dystocia. *Obstet Gynecol Surv* 49(5):362–369.
- Yancey, M.K. et al. 2001. Labor epidural analgesia and intrapartum maternal hyperthermia. *Obstet Gynecol* 98(5 Pt 1):763–770.

waiting until her body wants to start pushing means ... less risk of tearing or needing help

- Sampsel, C.M. and S. Hines. 1999. Spontaneous pushing during birth: relationship to perineal outcomes. *J Nurse Midwifery* 44(1): 36–39.
- Yilirim, G. and N.K. Beji. 2008. Effects of pushing techniques in birth on mother and fetus: a randomized study. *Birth* 35(1): 25–30.

some mammal mothers won't know their babies belong to them if their "stretch receptors" have been numbed

- Blauvelt, H. 1956. Neonate-mother relationship in goat and man. In *Group Processes*. Schaffner, B. ed., 94–140. New York: Josiah Macy Jr. Foundations.

episiotomy ... increases the risk of more serious tears

- Nager, M.D. and J.P. Helliwell. 2001. Episiotomy increases perineal laceration length in primiparous women. *Am J Obstet Gynecol* 185(2):444–450.

waiting until the cord stops pulsing

- Van Rheenen, P. and B.J. Brabin. 2004. Late umbilical cord-clamping as an intervention for reducing iron deficiency anaemia in term infants in developing and industrialised countries: a systematic review. *Ann Trop Paediatr* 24(1):3–16.

a new rush of oxytocin

- Feldman, R. et al. 2007. Evidence for a neuroendocrinological foundation of human affiliation: plasma oxytocin levels across pregnancy and the postpartum period predict mother-infant bonding. *Psycholo Sci* 18(11):965–970.

skin contact with his mother

- Bergman, N.J. et al. 2004. Randomized controlled trial of skin-to-skin contact from birth versus conventional incubator for physiological stabilization in 1200- to 2199-gram newborns. *Acta Paediatr* 93(6):779–785.
- Moore, E.R. et al. 2007. Early skin-to-skin contact for mothers and their healthy newborn infants. *Cochrane Database Syst Rev* 18(3):CD003519.

if you have twins, the temperature on each breast rises and falls to warm or cool them independently

- Ludington-Hoe, S.M. et al. 2006. Breast and infant temperatures with twins during shared kangaroo care. *J Obstet Gynecol Neonatal Nurs* 35(2):223–231.

still smelling of amniotic fluid

- Schaal, B. et al. 1998. Olfactory function in the human fetus: evidence from selective neonatal responsiveness to the odor of amniotic fluid. *Behav Neurosci* 112(6):1438–1449.

causes yet another whoosh of oxytocin

- Marshall, W.M. et al. 1992. Hot flushes during breastfeeding? *Fertil Steril* 57(6): 1349–1350.

provides a protective, anti-infective coating for his brand-new intestinal tract

- Hanson, L.A. 2004. *Immunobiology of Human Milk*. Amarillo, TX: Pharmasoft Publishing.

home birth is just as safe as hospital birth for low-risk pregnancies

- Fullerton, J.T. et al. 2007. Outcomes of planned home birth: an integrative review. *J Midwifery Womens Health* 52(4):323–333.

- Johnson, K. and B.A. Daviss. 2005. Outcomes of planned home births with certified professional midwives: large prospective study in North America. *BMJ* 330(7505):1416.
- Symon, A. et al. 2009. Outcomes for births booked under an independent midwife and births in NHS maternity units: matched comparison study. *BMJ* 338:b2060.

avoid routine external fetal monitoring

- Wood, S.H. 2003. Should women be given a choice about fetal assessment in labor? *J Matern Child Nurs* 28(5):292–298.

common interventions

- Chalmers, B. et al. 2009. Maternity Experiences Study Group of the Canadian Perinatal Surveillance System; Public Health Agency of Canada. Use of routine interventions in vaginal labor and birth: findings from the Maternity Experiences Survey. *Birth* 36(1):13–25.
- Childbirth Connection. 2002. *Listening to Mothers I Report*.
- <<http://www.childbirthconnection.org/article.asp?ck510068>>.
- Medoff-Cooper, B. et al. 2005. The AWHONN near-term infant initiative: a conceptual framework for optimizing health for near-term infants. *J Obstet Gynecol Neonatal Nurs* 34(6):666–671.
- Thacker, S.B. et al. 2006. Continuous electronic heart rate monitoring for fetal assessment during labor. *Cochrane Database Syst Rev* 3:CD000063.

the World Health Organization recommends limiting medical inductions to those that are truly necessary, fewer than 10 percent of all births

- Chalmers, B. et al. 2001. WHO principles of perinatal care: the essential antenatal, perinatal, and postpartum care course. *Birth* 28(3):202–207.

ask that misoprostol (Cytotec) not be used

- Cecatti, J.G. et al. 2006. Effectiveness and safety of a new vaginal misoprostol product specifically labeled for cervical ripening and labor induction. *Acta Obstet Gynecol Scand* 85(6):706–711.
- Wagner, M. 2008. *Born in the USA: How a Broken Maternity System Must Be Fixed to Put Women and Children First*. Los Angeles: University of California Press.
- Weaver, S.P. et al. 2006. Vaginal misoprostol for cervical ripening in term pregnancy. *Am Fam Physician* 73(3):511–512.

reduce your risk of a C-section

- Althabe, F. and J.F. Belizán. 2006. Caesarean section: the paradox. *Lancet* 368(9546): 1472–1473.

FOUR Latching and Attaching

an approach that takes advantage of the natural instincts you both have

- Colson, S. 2007. Biological nurturing (1): a non-prescriptive recipe for breastfeeding. *Pract Midwife* 10(9):42–48.
- Colson, S. 2007. Biological nurturing (2): the physiology of lactation revisited. *Pract Midwife* 10(10):14–19.
- Colson, S.D. et al. 2008. Optimal positions for the release of primitive reflexes stimulating breastfeeding. *Early Hum Dev* 84(7): 441–449.

What Babies Need

- Glover, R. and D. Wiessinger. 2008. The infant-maternal breastfeeding conversation: helping when they lose the thread. In *Supporting Sucking Skills in Breastfeeding Infants*. Genna, C.W. ed., 97–129. Sudbury, MA: Jones and Bartlett.
- Smith, L.J. 2008. Why Johnny can't suck: impact of birth practices on infant suck. In *Supporting Sucking Skills in Breastfeeding Infants*. Genna, C.W. ed., 58–59. Sudbury, MA: Jones and Bartlett.
- Wolf, J. 2003. Low breastfeeding rates and public health in the United States. *Am J Public Health* 93(12):2000–2010.

FIVE The First Few Days: Hello, Baby ...

your bare or diaper-only baby on your bare skin

- Ludington-Hoe, S.M. et al. 2000. Kangaroo care compared to incubators in maintaining body warmth in preterm infants. *Biol Res Nurs* 2(1):60–73.
- Moore, E.R. et al. 2007. Early skin-to-skin contact for mothers and their healthy newborn infants. *Cochrane Database Syst Rev* (3):CD003519.
- Riordan, J. and K. Hoover. 2010. Perinatal and intrapartum care. In *Breastfeeding and Human Lactation, 4th edition*. Riordan, J. and K. Wambach, ed., 218, 220–221, 244. Sudbury, MA: Jones and Bartlett.

how long, which side, and how often

- Kent, J. et al. 2006. Volume and frequency of breastfeedings and fat content of breast milk throughout the day. *Pediatrics* 117(3):e387–e395.
- Riordan, J. 2010. Anatomy and physiology of lactation. In *Breastfeeding and Human Lactation, 4th edition*. Riordan, J. and K. Wambach, ed., 79–116. Sudbury, MA: Jones and Bartlett.
- Smith, L.J. and J. Riordan. 2010. Postpartum care. In *Breastfeeding and Human Lactation, 4th edition*. Riordan, J. and K. Wambach, ed., 272. Sudbury, MA: Jones and Bartlett.

sharing sleep safely in the hospital

- McKenna, J.J. and L.T. Gettler. 2007. Mother-infant cosleeping with breastfeeding in the Western industrialized context. In *Textbook of Human Lactation*. Hale, T.W. and P.E. Hartmann, ed. Amarillo, TX: Hale Publishing.

giving your baby formula, for any reason, in these first days is not something to be taken lightly

- Riordan, J. 2010. The biological specificity of breastmilk. In *Breastfeeding and Human Lactation, 4th edition*. Riordan, J. and K. Wambach, ed., 133, 139. Sudbury, MA: Jones and Bartlett.
- Walker, M. 1993. A fresh look at the risks of artificial infant feeding. *J Hum Lact* 9(2):97–107.

babies shouldn't lose any more than 7 percent of their body weight before they start gaining

- Martens, P.J. and L. Romphf. 2007. Factors associated with newborn in-hospital weight loss: comparisons by feeding method, demographics, and birthing procedures. *J Hum Lact* 23(3):233–241.

swaddling is popular at the moment, but there's research that raises alarms

- Bystrova, K. et al. 2009. Skin-to-skin contact may reduce negative consequences of "the stress of being born": a study on temperature in newborn infants, subjected to different ward routines in St. Petersburg. *Acta Paediatr* 92(3):320–326.
- Bystrova, K. et al. 2009. Early contact versus separation: effects on mother-infant interaction one year later. *Birth* 36(2):97–109.
- Van Sleuwen, B.E. et al. 2007. Swaddling: a systematic review. *Pediatrics* 120(4): e1097–e1106.

SIX The First Two Weeks: Milk!

baby latches and begins sucking

- Genna, C.W. and L. Sandora. 2008. Breastfeeding: normal sucking and swallowing. In *Supporting Sucking Skills in Breastfeeding Infants*. Genna, C.W., ed., 3809. Sudbury, MA: Jones and Bartlett.

level of cholecystokinin (CCK) has risen

- Uvnäs-Moberg, K. et al. 1993. Plasma cholecystokinin concentrations after breast feeding in healthy 4 day old infants. *Arch Dis Child* 68(1 Spec No):46–48.

nursings often cluster together

- Kent, J.C. 2007. How breastfeeding works. *J Midwifery Womens Health* Nov-Dec; 52(6):564–570.
- Kent, J. et al. 2006. Volume and frequency of breastfeedings and fat content of breast milk throughout the day. *Pediatrics* 117(3):e387–e395.

- Renfrew, M.J. et al. 2000. Feeding schedules in hospitals for newborn infants. *Cochrane Database Syst Rev* (2):CD000090.

the number of wet and poopy diapers should increase day by day

- Nommsen-Rivers, L.A. et al. 2008. Newborn wet and soiled diaper counts and timing of onset of lactation as indicators of breastfeeding adequacy. *J Hum Lact* 24(1):27–33.

look for a return to birth weight by two weeks. An average gain after that is roughly 1 ounce (30 g) a day, but your baby may gain somewhat more or less

- Crossland, D.S. et al. 2008. Weight change in the term baby in the first 2 weeks of life. *Acta Paediatr* 97(4):425–429.
- Martens, P.J. and L. Romphf. 2007. Factors associated with newborn in-hospital weight loss: comparisons by feeding method, demographics, and birthing procedures. *J Hum Lact* 23(3):233–241.

the more milk that is removed during this time, the higher your long-term milk supply will be

- Daly, S.E. and P.E. Hartmann. 1995. Infant demand and milk supply. Part 1: infant demand and milk production in lactating women. *J Hum Lact* 11(1):21–26.
- Daly, S.E. and P.E. Hartmann. 1995. Infant demand and milk supply. Part 2: the short-term control of milk synthesis in lactating women. *J Hum Lact* 11(1):27–37.
- West, D. and L. Marasco. 2009. *The Breastfeeding Mother's Guide to Making More Milk*. New York: McGraw-Hill.

breast compressions

- Newman, J. and T. Pitman. 2006. *The Ultimate Breastfeeding Book of Answers*. New York: Three Rivers Press.

guidelines you can give them for food

- Bronner, Y.L. 2010. Maternal nutrition during lactation. In *Breastfeeding and Human Lactation, 4th edition*. Riordan, J. and K. Wambach, ed., 498. Sudbury, MA: Jones and Bartlett.

safe co-sleeping

- McKenna, J.J. 2007. *Sleeping with Your Baby: A Parent's Guide to Cosleeping*. Washington DC: Platypus Media.
- McKenna, J.J. et al. 2007. Mother-infant cosleeping, breastfeeding and sudden infant death syndrome: what biological anthropology has discovered about normal infant sleep and pediatric sleep medicine. *Yearbook Phys Anthropol* 50:133–161.

baby blues

- Kendall-Tackett, K. 2005. *Depression in New Mothers: Causes, Consequences, and Treatment Alternatives*, 4. Binghamton, NY: Haworth Maltreatment and Trauma Press.

hard-to-settle baby

- Barr, R.G. et al. 1989. Feeding and temperament as determinants of early infant crying/fussing behavior. *Pediatrics* 84(3):514–521.
- Jones, S. 1992. *Crying Baby, Sleepless Nights: Why Your Baby Is Crying and What You Can Do About It*, 73. Boston: Harvard Common Press.

you don't need more fluids than you want in order to make milk, and your supply won't decrease if you're mildly dehydrated

- Dusdieker, L. et al. 1985. Effect of supplemental fluids on human milk production. *J Pediatr* 106(2):207–211.
- Olsen, A. 1939. Nursing under conditions of thirst or excessive ingestion of fluids. *Acta Obstet et Gynecol* 10(4):312–343.

your baby will learn the family menu through breastfeeding

- Mennella, J.A. 1995. Mother's milk: a medium for early flavor experiences. *J Hum Lact* 11(1):39–45.
- Mennella, J.A. et al. 2009. Early milk feeding influences taste acceptance and liking during infancy. *Am J Clin Nutr* 90(3):780S–788S.
- Sullivan, S and L. Birch. 1994. Infant dietary experience and acceptance of solid foods. *Pediatrics* 93(2):271–277.

go easy on caffeine

- Berlin, C.M. et al. 1984. Disposition of dietary caffeine in milk, saliva and plasma of lactating women. *Pediatrics* 73(1):59–63.
- Ryu, J.E. 1985. Caffeine in human milk and in serum of breast-fed infants. *Dev Pharmacol Ther* 8(6):329–337.

pacifiers are linked to early weaning

- Kramer, M.S. et al. 2001. Pacifier use, early weaning, and cry/fuss behavior: a randomized controlled trial. *JAMA* 286(3):322–326.
- Righard, L. and M.O. Alade. 1997. Breastfeeding and the use of pacifiers. *Birth* 24(2):116–120.
- Victora, C.G. et al. 1997. Pacifier use and short breastfeeding duration. Cause, consequence or coincidence? *Pediatrics* 99(3):445–453.

children who use pacifiers in day care are more prone to thrush and ear infections

- Warren, J.J. et al. 2001. Pacifier use and the occurrence of otitis media in the first year of life. *Pediatr Dent* 23(2):103–107.

[pacifiers] can affect mouth development

- Palmer, B. 1999. Breastfeeding: reducing the risk for obstructive sleep apnea. *Breastfeeding Abstracts* Feb;18(3):19–20.

- Viggiano, D. et al. 2005. Breastfeeding, bottlefeeding, and non-nutritive sucking: effects on occlusion in deciduous dentition. *Arch Dis Child* 89(12):1121–1123.

SEVEN Two to Six Weeks: Butterfly Smiles

mothers were often told to feed on a schedule

- Aksit, S. et al. 2002. Effect of sucking characteristics on breast milk creatinocrit. *Paediatr Perinat Epidemiol* 16(4):355–360.
- Tyson, J. et al. 1992. Adaptation of feeding to a low fat yield in breast milk. *Pediatrics* 89(2):215–220.
- Woolridge, M.W. et al. 1990. Do changes in pattern of breast usage alter the baby's nutrient intake? *Lancet* Aug 18;336(8712):395–397.

breasts feel fairly soft most of the time

- Cregan, M.D. and P.E. Hartmann. 1999. Computerized breast measurement from conception to weaning: clinical implications. *J Hum Lact* 15(2):89–96.

gaining weight appropriately

- Hermanussen, M. et al. 2001. Growth tracks in early childhood. *Acta Paediatr* 90(4):381–386.
- World Health Organization. <who.int/childgrowth/standards/en>.

most exclusively breastfed babies take about 25 to 27 ounces (750 to 800 ml) of milk a day

- Butte, N.F. et al. 2000. Energy requirements derived from total energy expenditure and energy deposition during the first 2 y of life. *Am J Clin Nutr* 72(6):1558–1569.
- Kent, J. et al. 2006. Volume and frequency of breastfeedings and fat content of breast milk throughout the day. *Pediatrics* 117(3):e387–e395.

babies who aren't held cry significantly more than babies who are

- Sears, W. and M. Sears. 2001. *The Attachment Parenting Book*. Boston: Little, Brown.

women don't have a fight-or-flight response to stress; ours is called "tend and befriend"

- Taylor, S.E. et al. 2000. Biobehavioral responses to stress in females: tend-and-befriend, not fight-or-flight. *Psychol Rev* 107(3):411–429.

EIGHT Six Weeks to Four Months: Hitting Your Stride

crying tends to peak around six to eight weeks

- Hiscock, H. and B.I. Jordan. 2004. Problem crying in infancy. *Med J Aust* 181(9):507–512.

- Hunziker, U.A. and R.G. Barr. 1986. Increased carrying reduces infant crying: a randomized controlled trial. *Pediatrics* 77(5):641–648.
- Jones, S. 1992. *Crying Baby, Sleepless Nights: Why Your Baby Is Crying and What You Can Do About It*. Boston: Harvard Common Press.

around six weeks or so, though, some babies stop having the several bowel movements each day that are expected up until this point

- Mohrbacher, N. and J. Stock. 2003. *The Breastfeeding Answer Book, 3rd edition*. Schaumburg, IL: La Leche League International.

most studies have found no significant difference in the volume, taste, or composition of milk after exercise

- Wallace, J.P. et al. 1992. Infant acceptance of postexercise breast milk. *Pediatrics* 89(6 Pt 2):1245–1247.

working out can improve your mood, give you more energy, and help you sleep better at night

- Da Costa, D. 2009. A randomized clinical trial of exercise to alleviate postpartum depressed mood. *J Psychosom Obstet Gynaecol* 30(3): 191–200.
- Dritsa, M. et al. 2008. Effects of a home-based exercise intervention on fatigue in postpartum depressed women: results of a randomized controlled trial. *Ann Behav Med* 35(2):179–187.

aim for losing no more than about 1 pound (0.5 kg) a week

- Bronner, Y.L. 2010. Maternal nutrition during lactation. In *Breastfeeding and Human Lactation, 4th edition*. Riordan, J. and K. Wambach, ed. Sudbury, MA: Jones and Bartlett.
- Dusdieker, L.B. et al. 1994. Is milk production impaired by dieting during lactation? *Am J Clin Nutr* 59(4):833–840.
- Institute of Medicine, Food and Nutrition Board, National Research Council. 2005. *Dietary Reference Intakes for Energy, Carbohydrates, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington, DC: National Academy Press.
- Specker, B.L. 1994. Nutritional concerns of lactating women consuming vegetarian diets. *Am J Clin Nutr* 59(5 Suppl):1182S–1186S.

vitamin D

- Lips, P. 2006. Vitamin D physiology. *Prog Biophys Mol Biol* 92(1):4–8.

extra iron

- Griffin, I.J. and S.A. Abrams. 2001. Iron and breastfeeding. *Pediatr Clin North Am* Apr;48(2):401–413.

- Yang, Z. et al. 2009. Prevalence and predictors of iron deficiency in fully breastfed infants at 6 mo of age: comparison of data from 6 studies. *Am J Clin Nutr* 89(5):1433–1440.

fussy and demanding

- Sears, W. and M. Sears. 2002. *The Fussy Baby Book: How to Bring Out the Best in Your High-Need Child*, revised edition. Schaumburg IL: La Leche League International.

sleeping through the night can slow his rate of growth and risks early weaning

- Ball, H.L. et al. 2006. Randomised trial of infant sleep location on the postnatal ward. *Arch Dis Child* 91(12):1005–1010.
- Doan, T. et al. 2007. Breast-feeding increases sleep duration of new parents. *J Perinat Neonatal Nurs* 21(3):200–206.

Lactational Amenorrhea Method

- Infact Canada. 1996. Breastfeeding and child spacing: LAM: lactational amenorrhea method. <<http://www.infactcanada.ca/bfchild.htm>>.
- Kippley, S. 2008. *The Seven Standards of Ecological Breastfeeding*. Self-published.

NINE Four to Nine Months: In the Zone

World Health Organization (WHO) weight gain charts reflect these normal changes

- World Health Organization. <who.int/childgrowth/standards/en/>.

when solids start

- Rapley, G. and T. Murkett. 2008. *Baby-Led Weaning: Helping Your Baby to Love Good Food*. London: Vermilion.

human milk itself rarely contributes to decay and actually has tooth-strengthening properties

- Mohebbi, S.Z. et al. 2008. Feeding habits as determinants of early childhood caries in a population where prolonged breastfeeding is the norm. *Community Dent Oral Epidemiol* 36(4):363–369.
- Palmer, B. 2000. Infant dental decay: is it related to breastfeeding? <<http://www.brianpalmerdds.com/pdf/caries.pdf>>.
- Slavkin, H.C. 1999. Streptococcus mutans, early childhood caries and new opportunities. *J Am Dental Assoc* 130(12):1787–1792.
- Torney, P.H. 1992. *Prolonged, on-demand breastfeeding and dental caries—an investigation*. M.Dent.Sc. thesis, University of Dublin, Ireland.

return to fertility

- Infact Canada. 1996. Breastfeeding and child spacing: LAM: lactational amenorrhea method. <infactcanada.ca/bfchild.htm>.

- Kennedy, K.I. 2010. Fertility, sexuality, and contraception during lactation. In *Breastfeeding and Human Lactation, 4th edition*. Riordan, J. and K. Wambach, ed., 707–709. Sudbury, MA: Jones and Bartlett.
- breastfeeding ultimately protects against adult obesity
- Arenz, S. and R. Von Kries. 2009. Protective effect of breast-feeding against obesity in childhood: can a meta-analysis of published observational studies help to validate the hypothesis? *Adv Exp Med Biol* 639:145–52.
 - Arenz, S. et al. 2004. Breast-feeding and childhood obesity—a systematic review. *Int J Obes Relat Metab Disord* 28(10):1247–1256.
 - Harder, T. et al. 2005. Duration of breastfeeding and risk of overweight: a meta-analysis. *Am J Epidemiol* 162(5):397–403.

TEN Nine to Eighteen Months: On the Move

reduce the risk of allergies

- Fiocchi, A. et al. 2006. Food allergy and the introduction of solid foods to infants: a consensus document. Adverse Reactions to Foods Committee, American College of Allergy, Asthma and Immunology. *Ann Allergy Asthma Immunol* 97(1):10–20.
- Halken, S. 2004. Prevention of allergic disease in childhood: clinical and epidemiological aspects of primary and secondary allergy prevention. *Pediatr Allergy Immunol* 15 Suppl 16:4–5, 9–32.
- Trotters Independent Publishing Services Ltd. 2008. Cup feeding revisited <tipslimited.com/cupfeeding.htm#bacterial>.
- UNICEF. 2003. Governmental changes recommendation to 6 months' exclusive breastfeeding. <babyfriendly.org.uk/items/item_detail.asp?item=93>.

families with a predisposition for diabetes do best by waiting until a year to introduce cow milk

- Savilahti, E. and K.M. Saarinen. 2009. Early infant feeding and type 1 diabetes. *Eur J Nutr* 48(4):243–249.
- Vaarala, O. et al. 1999. Cow's milk formula feeding induces primary immunization to insulin in infants at genetic risk for type 1 diabetes. *Diabetes* 48(7):1389–1394.

a daily dose of 500 to 1,000 mg of a calcium and magnesium supplement from the middle of your cycle through the first three days of your period may help minimize any drop in supply

- West, D. and L. Marasco. 2009. *The Breastfeeding Mother's Guide to Making More Milk*, 138. New York: McGraw-Hill.

ELEVEN Nursing Toddlers and Beyond: Moving On

normal “weaning window”

- Dettwyler, K.A. 1995. A time to wean: the hominid blueprint for the natural age of weaning in modern human populations. In *Breastfeeding: Biocultural Perspectives*. Stuart-Macadam, P. and K.A. Dettwyler, ed., 39–73. New York: Aldine De Gruyter.

the World Health Organization ... recommends that children be breastfed for at least two years

- World Health Organization. 2003. *Global Strategy for Infant and Young Child Feeding*. <who.int/nutrition/publications/gs_infant_feeding_text_eng.pdf>.

TWELVE Sleeping Like a Baby

a baby relies totally on his mother to keep him stable and secure

- Van der Horst, F.C. and R. Van der Veer. 2008. Loneliness in infancy: Harry Harlow, John Bowlby and issues of separation. *Integr Psychol Behav Sci* 42(4):325–335.

co-sleeping

- Academy of Breastfeeding Medicine Protocol Committee. 2008. ABM clinical protocol #6: guideline on co-sleeping and breastfeeding. *Breastfeeding Medicine* 3(1):38–43.
- Ball, H.L. 2006. Parent-infant bed-sharing behaviour: effects of feeding type, and presence of father. *Human Nature* 17(3):301–318.
- Doan, T. et al. 2007. Breast-feeding increases sleep duration of new parents. *J Perinat Neonatal Nurs* 21(3):200–206.
- Hauck, F.R. et al. 2008. Infant sleeping arrangements and practices during the first year of life. *Pediatrics* 122(suppl 2):S113–S120.
- Horsley, T. et al. 2007. Benefits and harms associated with the practice of bed-sharing: a systematic review. *Arch Pediatr Adolesc Med* 161(3):237–245.
- Kahn, A. et al. 2000. Factors influencing the determination of arousal thresholds in infants—a review. *Sleep Med* 1(4):273–278.
- McKenna, J.J. 2007. *Sleeping with Your Baby: A Parent's Guide to Cosleeping*. Washington, DC: Platypus Media.
- McKenna, J.J. et al. 1997. Bedsharing promotes breastfeeding. *Pediatrics* 100(2): 214–219.
- Wailoo, M. et al. 2004. Infants bed-sharing with mothers. *Arch Dis Child* 89(12): 1082–1083.

SIDS (crib death) and co-sleeping

- American Academy of Pediatrics. 2005. Task Force on Sudden Infant Death Syndrome policy statement: the changing concept of sudden infant death syndrome: diagnostic coding shifts, controversies

regarding the sleeping environment, and new variables to consider in reducing risk. *Pediatrics* 116(5):1245–1255.

- Arnestad, A.M. et al. 2001. Changes in the epidemiological pattern of sudden infant death syndrome in southeast Norway, 1984–1998: implications for future prevention and research. *Arch Dis Child* 85(2):108–115.
- Blair, P.S. et al. 2006. Major epidemiological changes in sudden infant death syndrome: a 20-year population-based study in the UK. *Lancet* 367(9507):314–319.
- Hauck, F.R. et al. 2005. Do pacifiers reduce the risk of sudden infant death syndrome? A meta-analysis. *Pediatrics* 116(5):e716–e723.
- Li, D.K. et al. 2006. Use of a dummy (pacifier) during sleep and risk of sudden infant death syndrome (SIDS): population based case-control study. *BMJ* 332(7532):18–22.
- McKenna, J.J. and T. McDade. 2005. Why babies should never sleep alone: a review of the co-sleeping controversy in relation to SIDS, bedsharing and breast feeding. *Paediatr Respir Rev* 6(2):134–152.
- Mosko, S. et al. 1997. Maternal proximity and infant CO2 environment during bedsharing and possible implications for SIDS research. *Am J Phys Anthropol* 103(3):315–328.
- Mosko, S. et al. 1997. Infant arousals during mother-infant bed-sharing: implications for infant sleep and sudden infant death syndrome research. *Pediatrics* 100(5):841–849.

letting your baby fall asleep at the breast

- Uvnäs-Moberg, K. et al. 1993. Plasma cholecystokinin concentrations after breast feeding in healthy 4 day old infants. *Arch Dis Child* 68(1 Spec No):46–48.

adding solid foods doesn't help babies sleep more

- Keane, V. et al. 1988. Do solids help baby sleep through the night? *Am J Dis Child* 142:404–405.
- Macknin, M.L. et al. 1989. Infant sleep and bedtime cereal. *Am J Dis Child* 143(9):1066–1068.

no evidence that nighttime nursing causes cavities

- Matee M.I. et al. 1992. Mutans streptococci and lactobacilli in breast-fed children with rampant caries. *Caries Res* 26(3):183–187.
- Mattos-Granera, R.O. et al. 1998. Association between caries prevalence and clinical, microbiological and dietary variables in 1.0 to 2.5-Year-Old Brazilian children. *Caries Res* 32(5):319–323.
- Palmer, B. 2000. Infant dental decay: is it related to breastfeeding? <<http://www.brianpalmerdds.com/pdf/caries.pdf>>.
- Slavkin, H.C. 1999. Streptococcus mutans, early childhood caries and new opportunities. *J Am Dental Assoc* 130(12):1787–1792.

- Torney, P.H. 1992. *Prolonged, on-demand breastfeeding and dental caries—an investigation*. M.Dent.Sc. thesis.

THIRTEEN The Scoop on Solids

introduction of complementary feedings before six months of age generally does not increase total caloric intake or rate of growth

- Birch, L.L. et al. 1991. The variability of young children's energy intake. *N Engl J Med* 324(4):232–235.
- Butte, N.F. et al. 1991. Energy requirements of breast-fed infants. *J Am Coll Nutr* 10(3):190–195.
- Butte, N.F. et al. 2000. Energy requirements derived from total energy expenditure and energy deposition during the first 2 y of life. *Am J Clin Nutr* 72(6):1558–1569.
- Canadian Paediatric Society. 2005. Exclusive breastfeeding should continue to six months. *Paediatr Child Health* 10(3):148.
- Dewey, K.G. 2001. Nutrition, growth, and complementary feeding of the breastfed infant. *Pediatr Clin North Am* 48(1):87–104.
- Fox, M.K. et al. 2006. Sources of energy and nutrients in the diets of infants and toddlers. *J Am Diet Assoc* 106(1 Suppl 1):S28–S42.
- Gartner, L.M. et al. 2005. Breastfeeding and the use of human milk; American Academy of Pediatrics Section on Breastfeeding. *Pediatrics* 115(2):496–506.
- González, C. 2005. *My Child Won't Eat*. Schaumburg, IL: La Leche League International.
- Naylor, A.J. and A.L. Morrow, ed. 2001. *Developmental Readiness of Normal Full Term Infants to Progress from Exclusive Breastfeeding to the Introduction of Complementary Foods: Reviews of the Relevant Literature Concerning Infant Immunologic, Gastrointestinal, Oral Motor and Maternal Reproductive and Lactational Development*. Washington, DC: Linkages Project of the Academy of Educational Development.
- United Kingdom Scientific Advisory Committee on Nutrition (Subgroup on Maternal and Child Nutrition). 2003. <sach.gov.uk/pdfs/smcn_03_08.pdf>.
- World Health Organization. 2003. *Global Strategy for Infant and Young Child Feeding* <<http://whqlibdoc.who.int/publications/2003/9241562218.pdf>>.

around six months ... substances can slip through the intestinal walls into the bloodstream

- Saarinen, U. and M. Kajosaari. 1995. Breastfeeding as a prophylaxis against atopic disease: prospective follow-up study until 17 years old. *Lancet* 346(8982):1065–1069.

digestive enzymes are up and running at around six months

- Lebenthal, E. 1985. Impact of digestion and absorption in the weaning period on infant feeding practices. *Pediatrics* 75(1):207–213.

waiting until she does it herself

- Rapley, G. and T. Murkett. 2008. *Baby-Led Weaning: Helping Your Baby to Love Good Food*. London: Vermilion.

“Servings” may be tiny

- Fox, M.K. et al. 2006. Average portions of foods commonly eaten by infants and toddlers in the United States. *J Am Diet Assoc* 106(1 Suppl 1):S66–S76.
- Mrdjenovic, G. and D.A. Levitsky. 2005. Children eat what they are served: the imprecise regulation of energy intake. *Appetite* 44(3): 273–282.
- Rolls, B.J. et al. 2000. Serving portion size influences 5-year-old but not 3-year old children’s food intakes. *J Am Diet Assoc* 100:232–234.

gluten (present in wheat, rye, and barley) must be introduced between four and seven months of age to avoid having problems

- Chertok, I.R. 2007. The importance of exclusive breastfeeding in infants at risk for celiac disease. *MCN Am J Matern Child Nurs* 32(1): 50–54.
- Norris, J.M. et al. 2005. Risk of celiac disease autoimmunity and timing of gluten introduction in the diet of infants at increased risk of disease. *JAMA* 293(19):2343–2351.

a family dinner is linked to improved children’s grades, reduced risk of obesity, and even reduced risk of substance abuse in the years ahead

- Eisenberg, M. et al. 2004. Correlations between family meals and psychosocial well-being among adolescents. *Arch Pediatr Adolesc Med* 158:792–796.

FOURTEEN When You Can’t Be with Your Baby

having a longer leave after the baby is born increases breastfeeding success... women who start their leave a few weeks before the baby’s birth are less likely to have a Cesarean section

- Guendelman, S. et al. 2009. Maternity leave in the ninth month of pregnancy and birth outcomes among working women. *Womens Health Issues* 19(1):30–37.

gives you a chance to pick up some of the germs and bacteria in the center, so that you can start producing antibodies

- Lee, M.B. and J.D. Greig. 2008. A review of enteric outbreaks in child care centers: effective infection control recommendations. *J Environ Health* 71(3):24–32, 46.

- Riordan, J. 2010. The biological specificity of breastmilk. In *Breastfeeding and Human Lactation, 4th edition*. Riordan, J. and K. Wambach ed., 140–144. Sudbury, MA: Jones and Bartlett.

breastfeeding mothers—and other employees—feel more positive about companies that support them in continuing to breastfeed

- Glass, J. and L. Riley. 1998. Family responsive policies and employee retention following childbirth. *Social Forces* 76:1401–1436.
- Guendelman, S. et al. 2009. Juggling work and breastfeeding: effects of maternity leave and occupational characteristics. *Pediatrics* 123(1):e38–e46.
- Hakim, C. et al. 2008. *Little Britons: Financing Childcare Choice*. London: Policy Exchange.
- Johnston, M.L. and N. Esposito. 2007. Barriers and facilitators for breastfeeding among working women in the United States. *J Obstet Gynecol Neonatal Nurs* 36(1):9–20.
- Neifert, M. 2000. Supporting breastfeeding mothers as they return to work. *Amer Acad Pediatrics*. <healthychildcare.org/pdf/BFarticle.pdf>.

a baby who is separated from his mother for the hours that full-time outside work requires has elevated cortisol levels

- Ainsworth, M.D.S. 1985. Attachments across the life span. *Bull NY Acad Med* 61(9): 792–812.
- Bowlby, R. 2007. Babies and toddlers in non-parental daycare can avoid stress and anxiety if they develop a lasting secondary attachment bond with one carer who is consistently accessible to them. *Attach Hum Dev* 9(4):307–319.
- Cao, Y. et al. 2009. Are breast-fed infants more resilient? Feeding method and cortisol in infants. *J Pediatr* 154(3):452–454.
- Geoffroy, M.C. et al. 2006. Daycare attendance, stress, and mental health. *Can J Psychiatry* 51(9):607–615. Erratum in: *Can J Psychiatry* Oct;51(11):726.
- Ouellet-Morin, I. et al. 2009. Diurnal cortisol secretion at home and in child care: a prospective study of 2-year-old toddlers. *J Child Psychol Psychiatry* Oct 5 (Epub ahead of print).
- Vermeer, H. and M. Van IJzendoorn. 2006. Children's elevated cortisol levels at daycare: a review and meta-analysis. *Early Child Res Q* 21(3):390–401.
- Waynforth, D. 2007. The influence of parent-infant cosleeping, nursing, and childcare on cortisol and SIgA immunity in a sample of British children. *Dev Psychobiol* 49(6):640–648.

FIFTEEN Milk to Go

expressing milk

- Becker, G.E. et al. 2008. Methods of milk expression for lactating women. *Cochrane Database Syst Rev* 2008(4):CD006170.
- Brown, S.L. et al. 2005. Breast pump adverse events: reports to the Food and Drug Administration. *J Hum Lact* 21(2):169–174.
- Ohyama, M., H. Watabe, et al. 2010. Manual expression and electric breast pumping in the first 48 hours after delivery. *Pediatr Int* 52(1): 39–43.
- Walker, M. 2010. Breastpumps and other technologies. In *Breastfeeding and Human Lactation, 4th edition*. Riordan, J. and K. Wambach, ed., 403. Sudbury, MA: Jones and Bartlett.
- Wilson-Clay, B. and K. Hoover. 2008. *The Breastfeeding Atlas, 4th edition*. Austin, TX: LactNews Press.

breast flanges

- Jones, E. and S. Hilton. 2009. Correctly fitting breast shields are the key to lactation success for pump dependent mothers following preterm delivery. *J Neonatal Nurs* 15(1):14–17.

put in eight to twelve pumping sessions each day

- Cregan, M.D. et al. 2002. Milk prolactin, feed volume and duration between feeds in women breastfeeding their full-term infants over a 24 h period. *Exp Physiol* 87(2):207–214.
- Kent, J. et al. 2006. Volume and frequency of breastfeedings and fat content of breast milk throughout the day. *Pediatrics* 117(3):e387–e395.
- Lawrence, R. and R. Lawrence. 2005. *Breastfeeding: A Guide for the Medical Profession, 6th edition*, 1018–1020. St. Louis: Mosby.
- Riordan, J. 2010. Anatomy and physiology of lactation. In *Breastfeeding and Human Lactation, 4th edition*. Riordan, J. and K. Wambach, ed., 88–90. Sudbury, MA: Jones and Bartlett.

storing your expressed milk

- Adeola, K.F. and O.O. Adunni. 1998. Effect of storage temperature on microbial quality of infant milk. *J Trop Pediatr* 44(1):54–55.
- Barger, J. and P. Bull. 1987. Comparison of the bacterial composition of breast milk stored at room temperature and stored in the refrigerator. *Int J Childbirth Ed* 2:29–30.
- Cook, P. 2006. *Handling and Storage of Expressed Breast Milk*. London: Food Standards Agency.
- Hamosh, M. et al. 1996. Breastfeeding and the working mother: effect of time and temperature of short term storage on proteolysis, lipolysis, and bacterial growth in milk. *Pediatrics* 97(4):493–498.

- Hands, A. 2003. Safe storage of expressed breast milk in the home. *MIDIRS Midwifery Digest* 13(3):378–385.
- Hanna, N. et al. 2004. Effect of storage on breast milk antioxidant activity. *Arch Dis Child Fetal Neonatal Ed* 89(6):518–520.
- Igumbor, E.O. et al. 2000. Storage of breast milk: effect of temperature and storage duration on microbial growth. *Cent Afr J Med* 46(9): 247–251.
- Jones, F. and M.R. Tully. 2006. *Best Practice for Expressing, Storing and Handling Human Milk in Hospitals, Homes and Child Care Settings, 2nd edition*. Raleigh, NC: Human Milk Banking Association of North America.
- Mannel, R. et al. 2007. *Core Curriculum for Lactation Consultant Practice, 2nd edition*, 534–535. Sudbury, MA: Jones and Bartlett.
- Martinez-Costa, C. et al. 2007. Effects of refrigeration on the bactericidal activity of human milk: a preliminary study. *J Pediatr Gastroenterol Nutr* 45(2):275–277.
- Ogundele, M.O. 2000. Techniques for the storage of human breast milk: implications for anti-microbial functions and safety of stored milk. *Eur J Pediatr* 159(11):793–797.
- Ogundele, M.O. 2002. Effects of storage on the physicochemical and antibacterial properties of human milk. *Br J Biomed Sci* 59(4):205–211.
- Pardou, A. et al. 1994. Human milk banking: influence of storage processes and of bacterial contamination on some milk constituents. *Biol Neonate* 65(5):302–309.
- Pittard, W.B. III et al. 1985. Bacteriostatic qualities of human milk. *J Pediatr* 107(2):240–243.
- Silvestre, D. et al. 2006. Bactericidal activity of human milk: stability during storage. *Br J Biomed Sci* 63(2):59–62.
- Williams-Arnold, L.D. 2000. *Human Milk Storage for Healthy Infants and Children*. Sandwich, MA: Health Education Associates.

use containers that are not made with the endocrine disruptor bisphenol-A (BPA)

- National Toxicology Program. 2008. *Draft NTP Brief on Bisphenol A*. CAS No. 80–05–7. National Institute of Environmental Health Sciences, National Institutes of Health. Washington, DC: U.S. Department of Health and Human Services.

don't use a microwave [to heat your milk]

- Quan, R. et al. 1992. Effects of microwave radiation on anti-infective factors in human milk. *Pediatrics* 89(4 Pt 1):667–669.
- Sigman, M. et al. 1989. Effects of microwaving human milk: changes in IgA content and bacterial count. *J Am Diet Assoc* 89(5):690–692.

SIXTEEN Everybody Weans

when should [Ending breastfeeding] end

- Dettwyler, K.A. 2003. A time to wean: the hominid blueprint for the natural age of weaning in modern human populations. In *Breastfeeding: Biocultural Perspectives*. Stuart-Macadam, P. and K.A. Dettwyler, ed., 39–73. New York: Aldine De Gruyter.
- Flower, H. 2003. *Adventures in Tandem Nursing*. Schaumburg, IL: La Leche League International.
- Habicht, J.P. 2004. WHO Expert Consultation. Expert consultation on the optimal duration of exclusive breastfeeding: the process, recommendations, and challenges for the future. *Adv Exp Med Biol* 554:79–87.
- Kramer, M.S. and R. Kakuma. 2004. The optimal duration of exclusive breastfeeding: a systematic review. *Adv Exp Med Biol* 554:63–77.
- Mean, M, and N. Newton. 1967. Cultural patterns of perinatal behavior. In *Childbearing: Its Social and Psychological Aspects*. Richardson, S.A. and A.F. Guttmacher, ed. Baltimore: Williams & Wilkins.
- UNICEF. 2009. *The Baby-Friendly Hospital Initiative: Ten Steps to Successful Breastfeeding*. <http://www.unicef.org/nutrition/index_24806.html>.

the longer you breastfeed the better it is for both of you

- Bachrach, V.R. et al. 2003. Breastfeeding and the risk of hospitalization for respiratory disease in infancy: a meta-analysis. *Arch Pediatr Adolesc Med* 157(3):237–243.
- Chantry, C.J. et al. 2006. Full breastfeeding duration and associated decrease in respiratory tract infection in US children. *Pediatrics* 117(2):425–432.
- Collaborative Group on Hormonal Factors in Breast Cancer. 2002. Breast cancer and breastfeeding: collaborative reanalysis of individual data from 47 epidemiological studies in 30 countries, including 50302 women with breast cancer and 96973 women without the disease. *Lancet* 360(9328):187–195.
- Daniels, M.C. and L.S. Adair. 2005. Breast-feeding influences cognitive development in Filipino children. *J Nutr* 135(11):2589–2595.
- Helewa, M. et al. 2002. Breast cancer, pregnancy, and breastfeeding. *J Obstet Gynaecol Can* 24(2):164–180.
- Ip, S. et al. 2007. Breastfeeding and maternal and infant health outcomes in developed countries. *Evidence Report/Technology*

Assessment No 153. AHRQ Publication No. 07-E007. Rockville, MD: Agency for Health Care Research and Quality.

- Kokkonen, J. et al. 2004. Gastrointestinal complaints and diagnosis in children: a population-based study. *Acta Paediatr* 93(7):880–886.
- Kramer, M.S. et al. 2008. Breastfeeding and child cognitive development: new evidence from a large randomized trial. *Arch Gen Psychiatry* 65(5):578–584.
- Lee, S.Y. et al. 2003. Effect of lifetime lactation on breast cancer risk: a Korean women's cohort study. *Int J Cancer* 105(3):390–393.
- Montgomery, S.M. et al. 2006. Breast feeding and resilience against psychosocial stress. *Arch Dis Child* 91(12):990–994.
- Oddy, W.H. et al. 2004. The relation of breastfeeding and body mass index to asthma and atopy in children: a prospective cohort study to age 6 years. *Am J Public Health* 94(9):1531–1537.
- UNICEF et al. 2002. *Facts for Life, 3rd edition*. New York: UNICEF.

pregnancy rarely requires that you wean

- Newton, N. and M. Theotokjatos. 1979. Breastfeeding during pregnancy in 503 women: does a psychobiological weaning mechanism exist in humans? *Emotion Reprod* 20B:845–849.
- West, D. and L. Marasco. 2009. *The Breastfeeding Mother's Guide to Making More Milk*, 167–192. New York: McGraw-Hill.
- Zhu, B.P. et al. 2001. Effect of the interval between pregnancies on perinatal outcomes among white and black women. *Am J Obstet Gynecol* 185(6):1403–1410.

one situation that can affect your fertility even when you're having regular periods is a short luteal phase

- Karamardian L.M. and D.A. Grimes. 1992. Luteal phase deficiency: effect of treatment on pregnancy rates. *Am J Obstet Gynecol* Nov; 167(5):1391–1398.
- McNeilly, A.S. et al. 2008. Fertility after childbirth: adequacy of post-partum luteal phases. *Clin Endocrin* 17(6):609–615.

there's no need to stop breastfeeding (or to pump and throw your milk away) if you have general anesthesia

- Montgomery, A. et al. 2006. The Academy of Breastfeeding Medicine Protocol Committee. ABM clinical protocol #15: Analgesia and anesthesia for the breastfeeding mother. *Breastfeeding Medicine* 1(4): 271–277.

there are very few medications that don't work with breastfeeding

- Hale, T.W. 2008. *Medications and Mothers' Milk, 13th edition*. Amarillo, TX: Hale Publishing.

“Triple Nipple Syndrome”: breast, pacifier, and bottle

- Latham, M.C. et al. 1986. Infant feeding in urban Kenya: a pattern of early triple nipple feeding. *J Trop Pediatr* 32(6):276–280.

if a baby has learned that a breast is just food and a pacifier or a bottle is for comfort, he can decide that it's not worth the bother of negotiating for the breast

- Neifert, M. et al. 1995. Nipple confusion: toward a formal definition. *J Pediatr* 126(6):S125–S129.
- Peterson, A., and M. Harmer. 2010. *Balancing Breast and Bottle: Reaching Your Breastfeeding Goals*. Amarillo, TX: Hale Publishing.
- Viggiano, D. et al. 2005. Breastfeeding, bottlefeeding, and non-nutritive sucking: effects on occlusion in deciduous dentition. *Arch Dis Child* 89(12):1121–1123.

early night weaning is a risk factor

- McKenna, J.J. 2007. *Sleeping with Your Baby: A Parent's Guide to Cosleeping*, 38–145. Washington, DC: Platypus Media.
- Pantley, E. 2005. *The No-Cry Sleep Solution for Toddlers and Preschoolers*, 3–16, 141–144. New York: McGraw-Hill.

SEVENTEEN Alternate Routes

some women pump exclusively

- Mohrbacher, N. 1996. Mothers who chose to pump instead of breastfeeding. *Circle of Caring* 9(2):1.

[breastfeeding] a premature baby

- Cregan, M. et al. 2002. Initiation of lactation in women after preterm birth. *Acta Obstet Gynecol Scand* 81(9):870–877.
- Henderson, J.J. et al. 2008. Effect of preterm birth and antenatal corticosteroid treatment on lactogenesis II in women. *Pediatrics* 121(1):e92–e100.
- Hill, P.D. et al. 2001. Initiation and frequency of pumping and milk production in mothers of non-nursing preterm infants. *J Hum Lact* 17(1):9–13.
- Hurst, N.M. and P.P. Meier. 2010. Breastfeeding the preterm infant. In *Breastfeeding and Human Lactation, 4th edition*.. Riordan, J. and K. Wambach, ed. 444–447. Sudbury, MA: Jones and Bartlett.
- McGuire, W. and M.Y. Anthony. 2003. Donor human milk versus formula for preventing necrotising enterocolitis in preterm infants: systematic review. *Arch Dis Child Fetal Neonatal Ed* 88(1):F11–F14.
- Morton, J. et al. 2009. Combining hand techniques with electric pumping increases milk production in mothers of preterm infants. *J Perinatol* 29(11):757–764.

- Schanler, R.J. et al. 1999. Feeding strategies for premature infants: beneficial outcomes of feeding fortified human milk versus preterm formula. *Pediatrics* 103(6 Pt 1):1150–1157.
- Schanler, R.J. et al. 2005. Randomized trial of donor human milk versus preterm formula as substitutes for mothers' own milk in the feeding of extremely premature infants. *Pediatrics* 116(2):400–406.

the value of Kangaroo Care

- Bergman, N.J. et al. 2004. Randomized controlled trial of skin-to-skin contact from birth versus conventional incubator for physiological stabilization in 1200- to 2199-gram newborns. *Acta Paediatr* 93:779–785.
- Charpak, N. et al. 2005. Influence of feeding patterns and other factors on early somatic growth of healthy, preterm infants in home-based kangaroo mother care: A cohort study. *Pediatr Gastroenterol Nutr* 41(4):430–437.
- Conde-Agudelo, A. et al. 2003. Kangaroo mother care to reduce morbidity and mortality in low birthweight infants. *Cochrane Database Syst Rev* 2003(2):CD002771.
- Dodd, V. 2005. Implications of kangaroo care for growth and development in preterm infants. *J Obstet Gynecol Neonatal Nurs* 34(2):218–232.
- Ellett, M. et al. 2004. Feasibility of using kangaroo (skin-to-skin) care with colicky infants. *Gastroenterol Nursing* 27(1):9–15.
- Feldman, R. et al. 2002. Comparison of skin-to-skin (kangaroo) and traditional care: parenting outcomes and preterm development. *Pediatrics* 110(1):16–26.
- Johnston, C. et al. 2003. Kangaroo care is effective in diminishing pain response in preterm neonates. *Arch Pediatr Adolesc Med* 157(11):1084–1088.
- Kirsten, G. et al. 2001. Part 2: The management of breastfeeding. Kangaroo mother care in the nursery. *Pediatric Clin N Am* Apr;48(2):443–452.
- Ludington-Hoe, S. et al. 2005. Skin-to-skin contact (kangaroo care) analgesia for preterm infant heel stick. *AACN Clinical Issues* 16(3):373–387.
- McCain, G. et al. 2005. Heart rate variability responses of a preterm infant to kangaroo care. *J Obstet Gynecol Neonatal Nurs* 34(6):689–694.
- Penalva, O. and J. Schwartzman. 2006. Descriptive study of the clinical and nutritional profile and follow-up of premature babies in a Kangaroo Mother Care Program. *J Pediatr* 82(1):33–39.

- Worku, B. and A. Kassie. 2005. Kangaroo Mother Care: a randomized controlled trial on effectiveness of early Kangaroo Mother Care of the low birthweight infants in Addis Ababa, Ethiopia. *J Trop Pediatr* 51(2):93–97.

help your near-term baby breastfeed

- Walker, M. 2008. Breastfeeding the late preterm infant. *J Obstet Gynecol Neonatal Nurs* Nov-Dec;37(6):692–701.

breastfeeding twins, triplets, or more

- Flidel-Rimon, O. and E.S. Shinwell. 2006. Breast feeding twins and high multiples. *Arch Dis Child Fetal Neonatal* Ed 91(5):F377–F380.
- Gromada, K. and A. Spangler. 1998. Breastfeeding twins and higher-order multiples. *J Obstet Gynecol Neonatal Nurs* 27(4):441–449.
- Leonard, L.G. 2002. Breastfeeding higher order multiples: enhancing support during the postpartum hospitalization period. *J Hum Lact* 18(4):386–392.
- Leonard, L.G. 2003. Breastfeeding rights of multiple birth families and guidelines for health professionals. *Twin Res* 6(1):34–45.

relactation

- Agarwal, A. and A. Jain. 2009. Early successful relactation in a case of prolonged lactation failure. *Indian J Pediatr* Nov 20 (Epub ahead of print).
- Alves, J.G. 1999. Relactation improves nutritional status in hospitalized infants. *J Trop Pediatr* 45(2):120–121.
- Banapurmath, S. et al. 2003. Initiation of lactation and establishing relactation in outpatients. *Indian Pediatr* 40(4):343–347.
- Butler, K. 2009. Relactation. LLLGB Feedback. Autumn:19–21.
- De, N.C. et al. 2002. Initiating the process of relactation: an Institute based study. *Indian Pediatr* 39(2):173–178.
- Menon, J. and L. Mathews. 2002. Relactation in mothers of high risk infants. *Indian Pediatr* 39(10):983–984.

bringing in a milk supply without having been pregnant

- Auerbach, K.G. and J. Avery. 1981. Induced lactation: a study of adoptive nursing by 240 women. *Am J Dis Child* 135(4):340–343.
- Banapurmath, S. et al. 2003. Initiation of lactation and establishing relactation in outpatients. *Indian Pediatr* 40(4):343–347.
- Biervliet, F.P. et al. 2001. Induction of lactation in the intended mother of a surrogate pregnancy: case report. *Hum Reprod* 16(3): 581–583.
- Bryant, C.A. 2006. Nursing the adopted infant. *J Am Board Fam Med* 19(4):374–379.
- Cheales-Siebenaler, N. 1999. Induced lactation in an adoptive mother. *J Hum Lact* 15(1):41–43.

- Goldfarb, L. and J. Newman. 2002. *The Protocols for Induced Lactation: A Guide for Maximizing Breastmilk Production*. <asklenore.info/breastfeeding/induced_lactation/protocols_intro.html>.

a mother who has diabetes and breastfeeds

- Hartmann, P. and M. Cregan. 2001. Lactogenesis and the effects of insulin-dependent diabetes mellitus and prematurity. *J Nutr* 131(11): 3016S–3020S.
- National Collaborating Centre for Women's and Children's Health. 2008. *NICE Clinical Guideline 63: Diabetes in Pregnancy: Management of Diabetes and Its Complications from Preconception to the Postnatal Period*. <nice.org.uk/CG063>.
- Owen, C.G. et al. 2006. Does breastfeeding influence risk of type 2 diabetes in later life? A quantitative analysis of published evidence. *Am J Clin Nutr* 84(5):1043–1054.
- Taylor, J.S. et al. 2005. A systematic review of the literature associating breastfeeding with type 2 diabetes and gestational diabetes. *J Am Coll Nutr* 24(5):320–326.

the risk of an infant contracting HIV from an infected mother is much higher if the baby is both breastfed and receives formula supplementation than if he is exclusively breastfed or exclusively formula-fed

- Morrison, P. 2008. Taking another look at global policy on HIV and infant feeding. AnotherLook. <anotherlook.org>.
- Shearer, W.J. 2008. Breastfeeding and HIV infection. *Pediatr* 121(5): 1046–1047.
- WHO; UNICEF; UNAIDS; UNFPA. 2007. *HIV Transmission Through Breastfeeding: A Review of Available Evidence—An Update from 2001 to 2007*. <who.int/nutrition/topics/Paper_5_Infant_Feeding_bangkok.pdf>.
- WHO; UNICEF; UNAIDS; UNFPA. 2007. *HIV and Infant Feeding: Update 2007*. <who.int/child_adolescent_health/documents/9789241595964/en/index.html>.

how much these tests affect breastfeeding and your ability to make milk depends on what's done and what stage of lactation you're in

- ACR Committee on Drugs and Contrast Media. 2001. Administration of contrast medium to breastfeeding mothers. *ACR Bulletin* 57(10): 12–13.
- Helewa, M. et al. 2002. Breast cancer, pregnancy, and breastfeeding. *J Obstet Gynaecol Can* Feb;24(2):164–180.
- Higgins, S. and B. Haffty. 1994. Pregnancy and lactation after breast-conserving therapy for early stage breast cancer. *Cancer* Apr 15;73(8):2175–2180.

- Newman, J. 2007. Breastfeeding and radiologic procedures. *Canadian Family Physician* 53:630–631.
- Tralins, A.H. 1995. Lactation after conservative breast surgery combined with radiation therapy. *Am J Clin Oncol* Feb;18(1):40–43.

all previous breast and nipple surgeries, including breast reductions, breast augmentations, and nipple inversion release surgeries, can affect future milk production

- Ahmed, A. and P. Kolhe. 2000. Comparison of nipple and areolar sensation after breast reduction by free nipple graft and inferior pedicle techniques. *Br J Plast Surg* 53(2):126–129.
- Chiummariello, S. et al. 2008. Breastfeeding after reduction mammoplasty using different techniques. *Aesth Plast Surg* 32(2): 294–297.
- Cruz, N. and L. Korchin. 2007. Lactational performance after breast reduction with different pedicles. *Plast Reconstr Surg* 120(1):35–40.
- Hurst, N.M. 1996. Lactation after augmentation mammoplasty. *Obstet Gynecol* 87(1):30–34.
- Kakagia, D. et al. 2005. Breastfeeding after reduction mammoplasty: a comparison of 3 techniques. *Ann Plast Surg* 55(4):343–345.
- Michalopoulos, K. 2007. The effects of breast augmentation surgery on future ability to lactate. *Breast J* 13(1):62–67.
- Modfid, M.M. et al. 2006. Nipple-areola complex sensitivity after primary breast augmentation: a comparison of periareolar and inframammary incision approaches. *Plast Reconstr Surg* 117(6): 1694–1698.
- Nommsen-Rivers, L. 2003. Cosmetic breast surgery—is breastfeeding at risk? *J Hum Lact* 19(1):7–8.
- West, D. 2001. *Defining Your Own Success: Breastfeeding After Breast Reduction Surgery*. Schaumburg, IL: La Leche League International.
- Widdice, L. 1993. The effects of breast reduction and breast augmentation surgery on lactation: an annotated bibliography. *J Hum Lact* 9(3):161–167.

the baby born with a disability or medical problem needs the stimulation, attention, and closeness that naturally happen with breastfeeding even more than a healthy baby does

- Genna, C.W. et al. 2008. Neurological issues and breastfeeding. In *Supporting Sucking Skills in Breastfeeding Infants*. Genna, C.W., ed., 253–303. Sudbury, MA: Jones and Bartlett.
- Lactation Consultant Series Two, Unit 9. Schaumburg, IL: La Leche League International.
- Page-Goertz, S. and J. Riordan. 2010. The ill child: breastfeeding implications. In *Breastfeeding and Human Lactation*, 4th edition.

Riordan, J. and K. Wambach, ed., 639–640, 650, 652, 654–655.
Sudbury, MA: Jones and Bartlett.

immunological properties in your milk are very important if you have a baby with Down syndrome

- Cooley, W. 1993. Supporting the family of the newborn with Down syndrome. *Compreh Therapy* 19(3):111–115.
- Mizuno, K. and A. Ueda. 2001. Development of sucking behavior in infants with Down's syndrome. *Acta Paediatr* 90:1384–1388.
- Pisacane, A. 2003. Down syndrome and breastfeeding. *Acta Paediatr* 92(12): 1479–1481.
- Saenz, R.B. 2004. *Helping a Mother Breastfeed Her Baby with Down Syndrome*. Schaumburg, IL: La Leche League International.

a baby with an opening in his palate has difficulty creating suction, which makes it difficult to remove milk effectively no matter how he is fed

- Cohen, M. et al. 1992. Immediate unrestricted feeding of infants following cleft lip and palate repair. *J Craniofac Surg* 3(1):30–32.
- Denk, M.J. 1998. Topics in pediatric plastic surgery. *Ped Clin No Amer* 45(6): 1479–1506.
- Mcheik, J. et al. 2006. Early repair for infants with cleft lip and nose. *Int J Pediatr Otorhinolaryng* 70(10):1785–1790.
- Sandberg, D.J. et al. 2002. Neonatal cleft lip and cleft palate repair. *AORN J* 75(3):490–498.

breastfeeding your baby with cystic fibrosis, celiac disease, or other malabsorption problems can protect him from respiratory infections and help him gain weight more normally

- Duncan, L.L. and S.B. Elder. 1997. Breastfeeding the infant with PKU. *J Hum Lact* 13(3):231–235.
- Gaskin, K. and Waters, D. 1994. Nutritional management of infants with cystic fibrosis. *J Paediatr Child Health* 30:1–2.
- Greve, L. et al. 1994. Breast-feeding in the management of the newborn with phenylketonuria: a practical approach to dietary therapy. *J Am Diet Assoc* 94:305–309.
- Holliday, K. et al. 1991. Growth of human milk-fed and formula-fed infants with cystic fibrosis. *J Pediatr* 118:77–79.
- Luder, E. et al. 1990. Current recommendations for breastfeeding in cystic fibrosis centers. *Am J Dis Child* 144:1153–1156.
- McCabe, L. 1989. The management of breast feeding among infants with phenylketonuria. *J Inher Metab Dis* 12:467–474.
- Motzfeldt, L. et al. 1999. Breastfeeding in phenylketonuria. *Acta Paediatr Suppl* 88(432):25–27.
- Rooney, K. 1988. Breastfeeding a baby with cystic fibrosis. *New Beginnings* 4:43–44.

- Riva, E. et al. 1996. Early breastfeeding is linked to higher intelligence quotient scores in dietary treated phenylketonuric children. *Acta Paediatr* 85:56–58.

EIGHTEEN Tech Support

[alcohol is] generally safe in moderation

- Cobo, E. 1973. Effect of different doses of ethanol on the milk-ejecting reflex in lactating women. *Am J Obstet Gynecol* 115(6):817–821.
- Coiro, V. et al. 1992. Inhibition by ethanol of the oxytocin response to breast stimulation in normal women and the role of endogenous opioids. *Acta Endocrinol (Copenh)* 126(3):213–216.
- Koren, G. 2002. Drinking alcohol while breastfeeding: will it harm my baby? *Canadian Family Physician* 48:39–41.
- Little, R.E. et al. 2002. ALSPAC Study Team. Alcohol, breastfeeding, and development at 18 months. *Pediatrics* 109(5):E72–2.
- Mennella, J.A. 1997. The human infant's suckling responses to the flavor of alcohol in mother's milk. *Alcoholism Clin Exper Res* 21:581–585.
- Mennella, J.A. 2001. Alcohol's effect on lactation. *Alcohol Res Health* 25(3):230–234.
- Mennella, J.A. and G.K. Beauchamp. 1991. The transfer of alcohol to human milk: effects on flavor and the infant's behavior. *N Engl J Med* 325: 981–985.
- Mennella, J.A. and G.K. Beauchamp. 1993. Beer, breast feeding and folklore. *Dev Psychobiol* 26: 459–466.

you can definitely breastfeed after bariatric surgery

- Celiker, M.Y. and A. Chawla. 2009. Congenital B12 deficiency following maternal gastric bypass. *J Perinatol* 29(9):640–642.
- Grange, D.K. and J.L. Finlay. 1994. Nutritional vitamin B12 deficiency in a breastfed infant following maternal gastric bypass. *Pediatr Hematol Oncol* 11(3):311–318.
- Kombol, P. 2008. International Lactation Consultant Association. ILCA's Inside Track: a resource for breastfeeding mothers. Breastfeeding after weight loss surgery. *J Hum Lact* 24(3):341–342.
- Martens, W.S. II et al. 1990. Failure of a nursing infant to thrive after the mother's gastric bypass for morbid obesity. *Pediatrics* 86(5):777–778.
- Wardinsky, T.D. et al. 1995. Vitamin B12 deficiency associated with low breast-milk vitamin B12 concentration in an infant following maternal gastric bypass surgery. *Arch Pediatr Adolesc Med* 149(11): 1281–1284.

Blebs

- Huml S. 1999. Sore nipples. A new look at an old problem through the eyes of a dermatologist. *Pract Midwife* 2(2):28–31.

Blood in Your Milk

- Viridi, V.S. et al. 2001. Rusty-pipe syndrome. *Indian Pediatr* 38(8): 931–932.

An abscess requires prompt medical care

- Agrawal, A. and M. Kissin. 2007. Breast abscess. *Br J Hosp Med (Lond)* 68(11):M198–M199.
- Betzold, C.M. 2007. An update on the recognition and management of lactational breast inflammation. *J Midwifery Womens Health* 52(6):595–605.
- Martin, J.G. 2009. Breast abscess in lactation. *J Midwifery Womens Health* 54(2):150–151.
- Wilson-Clay, B. 2008. Case report of methicillin-resistant *Staphylococcus aureus* (MRSA) mastitis with abscess formation in a breastfeeding woman. *J Hum Lact* 24(3):326–329.

lumps that come and go are not a cause for any concern. If there's a particular lump that is persistently there, it may require some investigation.

- Bevin, T.H. and C.K. Pearson. 1993. Breastfeeding difficulties and a breast abscess associated with a galactoceles: a case report. *J Hum Lact* 9(3):177–178.
- Petok, E.S. 1995. Breast cancer and breastfeeding: five cases. *J Hum Lact* 11(3):205–209.
- Whang, I.Y. et al. 2007. Galactocoele as a changing axillary lump in a pregnant woman. *Arch Gynecol Obstet* 276(4):379–382.

Insufficient glandular tissue, or breast hypoplasia ... can ... have less milk-making tissue

- Huggins, K., E. Petok, and O. Mireles. 2000. Markers of lactation insufficiency: a study of 34 mothers. In *Current Issues in Clinical Lactation*, K. Auerbach, ed., 25–35. Sudbury, MA: Jones and Bartlett.
- Knight, C.H. and A. Sorensen. 2001. Windows in early mammary development: critical or not? *Reproduction* 122(3):337–345.

Colic

- Hewston, R. et al. 2007. Researching colic: a crying matter. Part 1: causes and risk factors. *Pract Midwife* 10(10):20–23.
- Hewston, R. et al. 2007. Researching colic: a crying matter. Part 2: treatments. *Pract Midwife* 10(11):30–33.
- Metcalf, T. et al. 1994. Simethicone in the treatment of infantile colic. *Pediatrics* 94:29–34.

Eating Disorders

- Bowles, B.C. and B.P. Williamson. 1990. Pregnancy and lactation following anorexia and bulimia. *J Obstet Gynecol Neonatal Nurs* 19(3):243–248.
- Micali, N. et al. 2009. Infant feeding and weight in the first year of life in babies of women with eating disorders. *J Pediatr* 154(1):e55–e60.
- Weekly, S.J. 1992. Diets and eating disorders: implications for the breastfeeding mother. *NAACOGS Clin Issu Perinat Womens Health Nurs* 3(4):695–700.

Engorgement

- Academy of Breastfeeding Medicine Protocol Committee. Berens P. 2009. ABM clinical protocol #20: Engorgement. *Breastfeed Med* 4(2): 111–113.
- Arora, S. et al. 2008. A comparison of cabbage leaves vs. hot and cold compresses in the treatment of breast engorgement. *Indian J Community Med* 33(3):160–162.
- Cotterman, K.J. 2004. Reverse pressure softening: a simple tool to prepare areola for easier latch during engorgement. *J Hum Lact* 20(2):227–237.
- Roberts, K.L. 1995. A comparison of chilled cabbage leaves and chilled gelpaks in reducing breast engorgement. *J Hum Lact* 11(1): 17–20.
- Snowden, H.M. et al. 2001. Treatments for breast engorgement during lactation. *Cochrane Database Syst Rev* (2):CD000046.

if possible, talk with the anesthesiologist about the drugs that will be used. In almost all cases, breastfeeding is fine as soon as you're alert enough to hold your baby.

- Academy of Breastfeeding Medicine Protocol Committee. Montgomery, A. et al. 2006. ABM clinical protocol #15: analgesia and anesthesia for the breastfeeding mother. *Breastfeeding Medicine* 1(4):271–277.
- Hale, T.W. 1999. Anesthetic medications in breastfeeding mothers. *J Hum Lact* 15(3):185–194.
- Hale, T.W. 2008. *Medications and Mothers' Milk*, 13th edition. Amarillo, TX: Hale Publishing.
- Hale, T.W. 2010. Drug therapy and breastfeeding. In *Breastfeeding and Human Lactation*, 4th edition. Riordan, J. and K. Wambach, ed., 188–189. Sudbury, MA: Jones and Bartlett.

Hypoglycemia

- Committee on Fetus and Newborn, American Academy of Pediatrics. 1993. Routine evaluation of blood pressure, hematocrit and glucose in newborns. *Pediatr* 92(3):474–476.
- Cornblath, M. et al. 1990. Hypoglycemia in infancy: the need for a rational definition. *Pediatr* 85(5):834–837.
- Cornblath, M. 1993. In *Metabolism and Endocrinology, Primary Care of the Newborn*. Johns Hopkins Children's Center. Seidel, Rosenstein and Pathak, ed. St. Louis, MO: Mosby YearBook.
- Cornblath, M. and R. Schwartz. 1993. Hypoglycemia in the neonate. *J Pediatr Endocrinol* 6(2):113–129.
- Hawdon, J.W. et al. 1992. Patterns of metabolic adaptation for preterm and term neonates in the first postnatal week. *Arch Dis Child* 67:357–365.
- Hawdon, J.W. et al. 1994. Prevention and management of neonatal hypoglycemia. *Arch Dis Child* 70:F60–F65.

Hypothermia

- See Kangaroo Care references in Chapter 17.

Jaundice

- American Academy of Pediatrics Subcommittee on Hyperbilirubinemia. 2004. Management of hyperbilirubinemia in the newborn infant 35 or more weeks of gestation. *Pediatrics* 114(1): 297–316.
- Buiter, H.D. et al. 2008. Neonatal jaundice and stool production in breast- or formula-fed term infants. *Eur J Pediatr* 167(5):501–507.
- Gourley, G. et al. 1999. Neonatal jaundice and diet. *Arch Pediatr Adolesc Med* 153:184–188.
- ILCA Professional Development Committee. 2007. ILCA's Inside Track: my baby is jaundiced—what's that? *J Hum Lact* 23(2):199–200.
- Mishra, S. et al. 2008. Jaundice in the newborn. *Indian J Pediatr* 75(2):157–63.

there are ways to help ... the milk supply

- Butler, K. 2009. *My Baby Needs More Milk*. LLLGB.
- Crossland, D.S. et al. 2008. Weight change in the term baby in the first 2 weeks of life. *Acta Paediatr* 97(4):425–429.
- Maisels, M.J. et al. 1994. The effect of breastfeeding frequency on serum bilirubin levels. *Am J Obstet Gynecol* 170:880–883.
- West, D. and L. Marasco. 2009. *The Breastfeeding Mother's Guide to Making More Milk*, 15–37, 103–118. New York: McGraw-Hill.

A galactagogue ... may add to the boost that good milk removal provides

- Academy of Breastfeeding Medicine. 2004. Protocol #9: Use of Galactagogues in Initiating or Augmenting Maternal Milk Supply. <<http://www.bfmed.org/Resources/Protocols.aspx>>.
- Anderson, P.O. and V. Valdés. 2007. A critical review of pharmaceutical galactagogues. *Breastfeed Med* 2(4):229–242.
- Anfinson, T. 2002. Akathisia, panic, agoraphobia, and major depression following brief exposure to metoclopramide. *Psychopharmacol Bul* 36(1):82–93.
- Da Silva, O. et al. 2001. Effect of domperidone on milk production in mothers of premature newborns: a randomized, double-blind, placebo-controlled trial. *CMAJ* 164(1):17–21.
- Dalvi, S.S. 1990. Effect of *Asparagus racemosus* (Shatavari) on gastric emptying time in normal healthy volunteers. *J Postgrad Med* 36(2):91–94.
- Ehrenkrantz, R. and B. Ackerman. 1986. Metoclopramide effect on faltering milk production by mothers of premature infants. *Pediatric* 78(4):614–620.
- Feillet, N. et al. 1996. Metaclopramide and depression: apropos of a case of a pregnant woman. [French] *Therapie* 51(5):600–601.
- Gabay, M.P. 2002. Galactagogues: medications that induce lactation. *J Hum Lact* 18(3):274–279.
- Goyal, R.K. et al. 2003. *Asparagus racemosus*—an update. *Indian J Med Sci* 57(9):408–414.
- Humphrey, S. 2003. *The Nursing Mother's Herbal*. Minneapolis: Fairview Press.
- Humphrey, S. and D. McKenna. 1997. Herbs and breastfeeding. *Breastfeeding Abstracts* 17(2):11–12.
- Kauppila, A. et al. 1981. Metoclopramide increases prolactin release and milk secretion in puerperium without stimulating the secretion of thyrotropin and thyroid hormones. *J Clin Endocrinol Metab* 52(3):436–439.
- Nice, F. et al. 2000. Herbals and breastfeeding: which herbals are safe to take while breastfeeding. *Birth Issues* 9(3).
- Patel, A. and U. Kanitkar. 1969. *Asparagus racemosus* wild-form *bordi*, as a galactagogue, in buffaloes. *Indian Vet J* 46(8):718–721.
- Petraglia, F. et al. 1985. Domperidone in defective and insufficient lactation. *Eur J Obstet Gynecol Reprod Biol* 19(5):281–287.
- Prakash, A. and A. Wagstaff. 1998. Domperidone. A review of its use in diabetic gastropathy. *Drugs* 56(3):429–445.

- Reddymasu, S. et al. 2007. Domperidone: review of pharmacology and clinical applications in gastroenterology. *Am J Gastroenterol* 102(9):2036–2045.
- Sabnis, P. et al. 1968. Effects of alcoholic extracts of *Asparagus racemosus* on mammary glands of rats. *Indian J Exp Biol* 6(1):55–57.
- Sharma, S. et al. 1996. Randomized controlled trial of *Asparagus racemosus* (Shatavari) as a lactagogue in lactational inadequacy. *Indian Pediatr* 33(8):675–677.
- Soykan, I. et al. 1997. The effect of chronic oral domperidone therapy on gastrointestinal symptoms, gastric emptying, and quality of life in patients with gastroparesis. *Am J Gastroenterol* 92(6):976–980.
- Swafford, S. and P. Berens. 2000. Effect of fenugreek on breast milk volume. *ABM News & Views* 6(3):21.

Mastitis

- Academy of Breastfeeding Medicine Protocol Committee. 2008. ABM clinical protocol #4: Mastitis. *Breastfeed Med* 3(3):177–180.
- Spencer, J.P. 2008. Management of mastitis in breastfeeding women. *Am Fam Physician* 78(6):727–731.

Medications and Breastfeeding

- American Academy of Pediatrics Committee on Drugs. 2001. The transfer of drugs and other chemicals into human milk. *Pediatrics* 108(3):776–789.
- Hale, T.W. 2008. *Medications and Mothers' Milk*, 13th edition. Amarillo, TX: Hale Publishing.

inverted nipples

- Arsenault, G. 1997. Using a disposable syringe to treat inverted nipples. *Can Fam Physician* 43:1517–1518.
- Dewey, K.G. et al. 2003. Risk factors for suboptimal infant breastfeeding behavior, delayed onset of lactation, and excess neonatal weight loss. *Pediatrics* 112(3 Pt 1):607–619.
- Patel, Y. 2008. Inverted nipples: correction using a simple disposable syringe. *East Afr Med J* 85(1):51–52.
- Vazirinejad, R. et al. 2009. The effect of maternal breast variations on neonatal weight gain in the first seven days of life. *Int Breastfeed J* 18(4):13.
- Vogel, A. et al. 1999. Factors associated with the duration of breastfeeding. *Acta Paediatr* 88(12):1320–1326.

nipple shields

- Bodley, V. and D. Powers. 1996. Long-term nipple shield use—a positive perspective. *J Hum Lact* 12(4):301–304.

- Chertok, I.R. 2009. Reexamination of ultra-thin nipple shield use, infant growth and maternal satisfaction. *J Clin Nurs* 18(21):2949–2955.
- Chertok, I.R. et al. 2006. A pilot study of maternal and term infant outcomes associated with ultrathin nipple shield use. *J Obstet Gynecol Neonatal Nurs* 35(2):265–272.
- Clum, D. and J. Primomo. 1996. Use of a silicone nipple shield with premature infants. *J Hum Lact* 12(4):287–290.
- Elliott, C. 1996. Using a silicone nipple shield to assist a baby unable to latch. *J Hum Lact* 12(4):309–313.
- Meier, P.P. et al. 2000. Nipple shields for preterm infants: effect on milk transfer and duration of breastfeeding. *J Hum Lact* 16(2):106–114.
- Powers, D. and V.B. Tapia. 2004. Women’s experiences using a nipple shield. *J Hum Lact* 20(3):327–334.
- Wilson-Clay, B. 1996. Clinical use of silicone nipple shields. *J Hum Lact* 12(4):279–285.
- Woodworth, M. and E. Frank. 1996. Transitioning to the breast at six weeks: use of a nipple shield. *J Hum Lact* 12(4):305–307.

oversupply

- Butler, K. and S. Upstone. 2009. Too Much Milk. LLLGB.
- Livingstone, V. 1997. The maternal hyperlactation syndrome. *Medicine North America* 20(2):42–46.
- Smillie, C.M. et al. 2005. Hyperlactation: how left-brained rules for breastfeeding can wreak havoc with a natural process. *Newborn Infant Nurs Rev* 5(1):49–58.
- Van Veldhuizen-Staas, C. 2007. Overabundant milk supply: an alternate way to intervene by full drainage and block feeding. *Int Breastfeed J* 2(11).
- Wilson-Clay, B. 2006. Milk oversupply. *J Hum Lact* 22(2):218–220.

nipple piercings don’t usually affect milk production

- Angel, E. 2009. *The Piercing Bible: The Definitive Guide to Safe Body Piercing*. Berkeley, CA: Celestial Arts.

Postpartum Depression

- Kendall-Tackett, K. 2005. *Depression in New Mothers: Causes, Consequences, and Treatment Alternatives*. Binghamton, NY: Haworth Maltreatment and Trauma Press.

research does not support thickened feeds [for reflux]

- Horvath, A. et al. 2008. The effect of thickened-feed interventions on gastroesophageal reflux in infants: systematic review and meta-analysis of randomized, controlled trials. *Pediatrics* 122(6):e1268–e1277.

Sore Nipples

- Glover, R. and D. Wiessinger. 2008. The infant-maternal breastfeeding conversation: helping when they lose the thread. In *Supporting Sucking Skills in Breastfeeding Infants*. Genna, C.W., ed., 122–123. Sudbury, MA: Jones and Bartlett.
- McClellan, H. et al. 2008. Infants of mothers with persistent nipple pain exert strong sucking vacuums. *Acta Paediatr* 97(9):1205–1209.
- Smillie, C.M. 2008. How infants learn to feed: a neurobehavioural model. In *Supporting Sucking Skills in Breastfeeding Infants*. Genna, C.W., ed., 79–86. Sudbury, MA: Jones and Bartlett.
- Smith, L.J. 2008. Why Johnny can't suck: impact of birth practices on infant suck. In *Supporting Sucking Skills in Breastfeeding Infants*. Genna, C.W., ed., 57–78. Sudbury, MA: Jones and Bartlett.
- Wiessinger, D. 2004. The world of latch-on: one Leader's journey. *Leaven* 40(1):3–6.

Supplementation

- Hunt, S. 2002. Breastfed babies: to supplement or not to supplement? *Pract Midwife* 5(6):20–21.
- Kassing, D. 2002. Bottle-feeding as a tool to reinforce breastfeeding. *J Hum Lact* 18(1):56–60.
- Li, R. et al. 2008. Association of breastfeeding intensity and bottle-emptying behaviors at early infancy with infants' risk for excess weight at late infancy. *Pediatrics* 122 (Suppl 2):S77–S84.
- Rechtman, D.J. et al. 2006. Effect of environmental conditions on unpasteurized donor human milk. *Breastfeeding Medicine* 1(1):24–26.
- Robke, F.J. 2008. Effects of nursing bottle misuse on oral health. Prevalence of caries, tooth malalignments and malocclusions in North-German preschool children. *J Orofac Orthop* 69(1):5–19.

for the mother who smokes, breastfeeding is still a safer choice than formula

- Amir, L.H. 2001. Maternal smoking and reduced duration of breastfeeding: a review of possible mechanisms. *Early Hum Dev* 64(1):45–67.
- Haug, K. et al. 1998. Secular trends in breastfeeding and parental smoking. *Acta Paediatr* 187(10):1023–1027.
- Ilett, K.F. et al. 2003. Use of nicotine patches in breastfeeding mothers: transfer of nicotine and cotinine into human milk. *Clin Pharmacol Ther* 74(6):516–524.
- Mennella, J.A. et al. 2007. Breastfeeding and smoking: short-term effects on infant feeding and sleep. *Pediatrics* 120(3):497–502.
- Nafstad, P. et al. 1996. Breastfeeding, maternal smoking and lower respiratory tract infections. *Eur Respir J* 9(12):2623–2629.

- Ratner, P.A. et al. 1999. Smoking relapse and early weaning among postpartum women: is there an association? *Birth* 26(2):76–82.
- Steldinger, R. et al. 1988. Half lives of nicotine in milk of smoking mothers: implications for nursing. *J Perinat Med* 16(3):261–262.

Tongue-tie

- Ballard, J.L. et al. 2002. Ankyloglossia: assessment, incidence, and effect of frenuloplasty on the breastfeeding dyad. *Pediatrics* 110(5):e63.
- Başaklar, A.C. 2008. Ankyloglossia and effects on breast-feeding, speech problems and mechanical/social issues in children. *B-ENT* 4(2):81–85.
- Chu, M.W. and D.C. Bloom. 2009. Posterior ankyloglossia: a case report. *Int J Pediatr Otorhinolaryngol* 73(6):881–883.
- Coryllos, E.V. et al. 2008. Minimally invasive treatment for posterior tongue-tie (the hidden tongue-tie). In *Supporting Sucking Skills in Breastfeeding Infants*. Genna, C.W., ed., 227–234. Sudbury, MA: Jones and Bartlett.
- Dollberg, S. et al. 2006. Immediate nipple pain relief after frenotomy in breast-fed infants with ankyloglossia: a randomized, prospective study. *J Pediatr Surg* 41(9):1598–1600.
- Geddes, D.T. et al. 2008. Frenulotomy for breastfeeding infants with ankyloglossia: effect on milk removal and sucking mechanism as imaged by ultrasound. *Pediatrics* 122(1):e188–e194.
- Geddes, D.T. et al. 2009. Sucking characteristics of successfully breastfeeding infants with ankyloglossia: a case series. *Acta Paediatr* (Epub ahead of print).
- Genna, C.W. 2008. Influence of anatomic and structural issues on sucking skills. In *Supporting Sucking Skills in Breastfeeding Infants*. Genna, C.W., ed., 181–203 Sudbury, MA: Jones and Bartlett.
- Genna, C.W. and L. Sandora. 2008. Breastfeeding: normal sucking and swallowing. In *Supporting Sucking Skills in Breastfeeding Infants*. Genna, C.W., ed., 1–42. Sudbury, MA: Jones and Bartlett.
- Karabulut, R. et al. 2006. Ankyloglossia in breastfeeding infants: the effect of frenotomy on maternal nipple pain and latch. *Breastfeed Med* 1(4):216–224.
- Lalakea, M.L. and A.H. Messner. 2003. Ankyloglossia: does it matter? *Pediatr Clin North Am* 50(2):381–397.
- Messner, A.H. et al. 2000. Ankyloglossia: incidence and associated feeding difficulties. *Arch Otolaryngol Head Neck Surg* 126(1):36–39.

Vasospasm

- Holmen, O.L. and B. Backe. 2009. An underdiagnosed cause of nipple pain presented on a camera phone. *BMJ* 339:b2553; 631–2.

- Morino, C. and S.M. Winn. 2007. Raynaud's phenomenon of the nipples: An elusive diagnosis. *J Hum Lact* 23(2); 191–3.

Yeast Infections

- Brent, N.B. 2001. Thrush in the breastfeeding dyad: results of a survey on diagnosis and treatment. *Clin Pediatr (Phila)* 40(9): 503–506.
- da Costa Zöllner, M.S.A. and A.O. Jorge. 2003. Candida spp. occurrence in oral cavities of breast feeding infants and in their mothers' mouths and breasts. *Pesqui Odontol Bras* 17(2):151–155.
- Francis-Morrill, J. et al. 2003. Detecting *Candida albicans* in human milk. *J Clin Microbiol* 41(1):475–478.
- Francis-Morrill, J. et al. 2004. Diagnostic value of signs and symptoms of mammary candidosis among lactating women. *J Hum Lact* 20(3):288–94.
- Francis-Morrill, J. et al. 2005. Risk factors for mammary candidosis among lactating women. *J Obstet Gynecol Neonatal Nurs* 34(1):37–45.
- Graves, S. et al. 2003. Painful nipples in nursing mothers: fungal or staphylococcal? A preliminary study. *Aust Fam Physician* 32(7):570–571.
- Hale, T.W. et al. 2009. The absence of *Candida albicans* in milk samples of women with clinical symptoms of ductal candidiasis. *Breastfeed Med* 4(2):57–61.
- Panjaitan, M. et al. 2008. Polymerase chain reaction in detection of *Candida albicans* for confirmation of clinical diagnosis of nipple thrush. *Breastfeeding Med* 3(3):185–187.
- Wiener, S. 2006. Diagnosis and management of Candida of the nipple and breast. *J Midwifery Womens Health* 51(2):125–128.