Counseling the Nursing Mother
A Lactation Consultant’s Guide
Fourth Edition
by Judith Lauwers, IBCLC, and Anna Swisher, IBCLC

This reference provides a thorough explanation of how communication and counseling styles and approaches can enhance interactions with breastfeeding mothers. The text presents topics within a counseling framework and includes practical suggestions for meeting challenges and working with mothers in everyday practice.

Hardcover, 720 pages. 1729-19, $69.95

Immunobiology of Human Milk
How Breastfeeding Protects Infants
by Lars Hanson, M.D., Ph.D.

In this unique resource, the biology of the immune components in human milk and how they protect the breastfed infant are explained. The author addresses bacterial colonization of the newborn, protection against disease that is provided by breastfeeding, infectious agents in human milk and their impact on breastfeeding, and much more.

Softcover, 241 pages. 1582-19, $29.95

Breastfeeding the Newborn
Revised edition
by Marie Biancuzzo, RN, MS

This book is intended to provide the health professional with necessary clinical strategies for helping a mother breastfeed. Scenarios discussed range from breastfeeding for healthy mothers and babies to providing human milk when mother and baby are separated.

Softcover, 545 pages. 1414-19, $46.95 SALE $37.55

Impact of Birthing Practices on Breastfeeding
by Mary Kroeger, CNM, MPH with Linda J. Smith, BSE, FACCW, IBCLC, RLC

This book examines the bond between human mothers and their newborns from the perspective of labor, birth, and breastfeeding. The authors discuss labor interventions and how they affect mothers and newborns. Ideal for all those who help breastfeeding mothers, this book stresses the importance of keeping childbirth as natural as possible so that mothers and newborns are ready to optimally breastfeed.

Softcover, 224 pages. 1419-19, $39.95

Order now! Call 800.LA.LECHE  Mention Code 109
Breastfeeding Atlas

Third edition

by Barbara Wilson-Clay, BS, IBCLC, RLC and Kay Hoover, M Ed, IBCLC, RLC

This edition includes 64 new clinical photos, a new chapter on donor human milk banking, updated references, and expanded case study presentations. A DVD is also included, which contains 37 clinical video clips filmed during actual lactation consultations. Video subjects include latching on a baby in various positions, rousing a sleepy baby, hand expression, struggles with oversupply, and more.

Softcover, 203 pages. 1747-19, $63.00

Kangaroo Mother Care

A Practical Guide

by World Health Organization

This guide is written for the lactation professional and those working with preterm or low birth weight babies. Kangaroo Mother Care details the importance and benefits of skin-to-skin contact while emphasizing exclusive breastfeeding and ongoing support of parents.

Softcover, 48 pages. 1647-19, $13.50

The Caesarean

by Michel Odent

In this overview of cesarean birth, the author examines the history of the procedure, explores the impact that cesareans are having on human behavior, and explains how the rate of cesareans can realistically be reduced. The author combines theory and referenced data to promote a better understanding of birth physiology and the basic needs of women in labor. The relationship between birth and lactation and the important role of oxytocin in both processes are also examined.

Hardcover, 162 pages. 1569-19, $25.00 SALE $20.00

Order now! Online www.lalecheleague.org
Selling Out Mothers and Babies  
Marketing of Breast Milk Substitutes in the USA  
by Marsha Walker, RN, BS, IBCLC, RLC

This book is a full-color, compelling guide to the WHO Code for any breastfeeding advocate. Includes a list of the “consequences of not breastfeeding” in language that assumes breastfeeding is the norm. Extensive references are listed in alphabetical order for easy access.

Softcover, 106 pages. 1227-7, $10.00

Global Strategy for Infant and Young Child Feeding  
by WHO and UNICEF

The aim of this book is to improve the nutritional status, growth and development, health, and the survival of infants and young children through optimal feeding. The information provided within, from raising awareness about child feeding to increasing commitment of various organizations to informing the public, is a beneficial guide for all breastfeeding advocates.

Softcover, 30 pages. 1506-7, $6.00; 10/$45.00

Mother’s Milk  
Breastfeeding Controversies in American Culture  
by Bernice Hausman

This book explores the negative portrayal and promotion of breastfeeding in the US and is for anyone interested in cultural studies, feminism, and advocacy. The author presents a balanced discussion on La Leche League and notes the fundamental importance of advocates and feminists who are striving to ensure that breastfeeding is the norm and the right of all mothers, regardless of race and class.

Softcover, 288 pages. 1655-7, $26.95
Golden Bow Lapel Pin
The Golden Bow has become the symbol for exclusive and continued breastfeeding. One loop of the bow represents the mother and the other loop represents the baby, the knot symbolizes the father, family and society who support the breastfeeding pair. 3/4” custom lapel pin, gold colored plating on copper.
1560-17, $4.50

The Ten Steps to Successful Breastfeeding Poster
This dark blue and white poster features the “Ten Steps to Successful Breastfeeding” and includes contact information for LLLI.
Measures 11” x17” 277-16, 60¢; 10/$4.00

Annual WABA Action Folders
Full color, 6 page Folders published yearly by World Alliance for Breastfeeding Action.

• Breastfeeding and Family Foods; Loving and Healthy
This full-color, six-page action folder emphasizes the importance of continuing the breastfeeding relationship while feeding complementary foods and provides information for spreading this important message.
1721-17, $1.50

• Exclusive Breastfeeding: The Gold Standard— 2004
1559-17, $1.50

• Breastfeeding in a Globalised World for Peace and Justice— 2003
1394-17, $1.50

• Baby-Friendly Hospital Initiative- 2000
843-17 English, $1.50 1040-17 Spanish, $1.50

Order now! Online www.lalecheleague.org
Breast Milk Storage Trays
This unique product is designed for freezing expressed mother’s milk, which can be thawed one ounce at a time, as needed. Includes two trays (each with 12 one-ounce compartments) and two lids to eliminate freezer burn and odors.
1759-21, $11.95

Bailey Milk Storage Bags
Specially designed for freezing expressed human milk, these bags are made from polyethylene and feature built-in twist tie closures and write-on end tabs for recording the date. Instructions in both English and Spanish; 25 six-ounce bags.
727-21, $10.50

Mother’s Milk Mate
Mother’s Milk Mate’s storage rack is designed to allow 10 five-ounce containers to rotate so that the milk can be used in a “first in, first out” basis. Polypropylene containers have standard threads to fit most pumps. Freezer grade removable labels are also included.
435-21, $24.95

Ameda Mother’s Milk Freezer Bags
Easy-sealing human milk bags are made of durable nylon and coated with polyethylene. Provides space for dating milk. Package of 20, seven-ounce bags.
460-21, $12.00

All personal care products are non-returnable unless defective.
Sore nipples? Apply Lansinoh® for soothing relief and accelerated healing in addition to getting help with positioning your baby correctly. Created especially for nursing mothers, Lansinoh® is the world’s purest lanolin. 100% natural with no water to dilute the effectiveness or additives to cause irritation, Lansinoh® does not have to be removed prior to nursing and can be used with complete confidence of safety for mother and baby. Lansinoh® for Breastfeeding Mothers is endorsed by LLLI. Bulk discounts available.

428-21, 2 oz., $11.50 429-21, 1/4 oz., $2.50

Welcome Baby Brochure
Informative fold out brochure includes full text of two LLLI tear-off sheets and Lansinoh sample.
398-20, pkg of 25, $4.50

Expressing Your Milk
Includes two pamphlets and two informational sheets helpful for mothers who pump or express their milk.
1157-22, $1.50

Milk Diapers™ Nursing Pads
These washable pads are made of 100% untreated cotton and pre-shrunk to retain their original size after washing. 3 pair in a package.
1244-16 Black, $8.95 445-21 White, $7.95

Shapely Lace Breast Pads
Naturally contoured, these washable pads absorb leaks and protect clothing. Package of two pair.
1436-21, $8.99

Lansinoh Disposable Nursing Pads
These disposable nursing pads have an absorbent lining to keep skin and clothing dry. Includes 36 pads in a box.
1116-21, $6.50

All personal care products are non-returnable unless defective.

Order now! Online www.lalecheleague.org
Nurture III Double Electric Breast Pump

This is a small, quiet, compact semi-automatic electric pump designed for long-term, frequent use. It has five settings for suction control and features user-regulated cycling. It can be used for double or single pumping and is covered by a two-year manufacturers warranty. The Nurture III is available with or without the discreet carrying bag insulated tote, Blue Ice, four extra containers for milk storage, and video.

436-21, (without accessories) $139.00
437-21, (with accessories) $169.00

Whisper Wear Double Pump Kit

This pump, designed to mimic the feel and sucking pattern of a baby, is the first hands-free pump. Whisper Wear offers convenience that mothers need, simply insert the pump inside your bra, attach the collection system to the pump, and you’re ready to pump discreetly. This Double Pump Kit includes two pumps; two breast cups; two stems and four valves; 50 collection bags; a cooler pack; and dishwasher bag all in a lightweight, carrying bag. This system also features adjustable vacuum and cycle controls for comfort.

1428-21, $219.00

Whisper Wear Collection & Storage Bags

These sterilized bags attach to the Whisper Wear pump and collects and stores up to four ounces of milk. They can be used in the refrigerator or freezer and have both oz and cc markings. Package of 25.

1429-21, $5.99

Whisper Wear Replacement Breast Cup

1431-21, $9.99

Whisper Wear Replacement Stems (2) and Valves (4)

1430-21, $6.99

Whisper Wear Vehicle Adapter

1432-21, $15.99

Breastfeeding mothers have tested the pumps on these pages for comfort and efficiency. They have been specially selected by LLLI to suit the needs of all types of mothers.

All personal care products are non-returnable unless defective.

Order now! Call 800.LA LECHE  Mention Code 109
Ameda Purely Yours® Pump Collection

Made for the working mother who wants to give her baby the gift of breast milk. This system offers adjustable suction and cycle speeds for “natural” and individual comfort, single or dual pumping options, and the patented HygieniKit Milk Collection System, which provides protection from viruses and bacteria. The pump also includes two built-in bottle holders to help reduce the possibility of spills and can be operated by AC adapter, a batteries, or car adapter.

Purely Yours Carry All

Includes features listed in general description above in a microfiber carry all tote plus an AC power adapter, a milk storage guide magnet, and Ameda’s insulated Cool ’N Carry Tote, which comes with three cooling elements and six, four-ounce containers.

1329-21, $260.00

Purely Yours Backpack

Includes features listed in general description in a microfiber backpack tote plus both AC and car power adapters, two cotton breast pads, a one-hand manual pump for added convenience, and a milk storage guide magnet. Ameda’s insulated Cool ’N Carry Tote, which comes with three cooling elements and six, four-ounce containers, is also included.

1330-21, $299.00  SALE! $280.00

Purely Yours Pump

The Purely Yours pump. Carrying case and accessories not included.

1768-21, $215.00

Purely Yours Vehicle Adapter

Can be used with all Purely Yours pumping systems.

449-21, $17.50

Ameda One-Handed Breast Pump

This hand-operated breast pump offers safe, effective suction and quick assembly. Easily used with one hand. Kit includes areolar stimulator to increase milk flow, splash guard, and four-ounce poly-carbonate container. Can be adapted for use with electric breast pump.

453-21, $36.00
Medela® Pump In Style® Breastpumps

The Medela Pump In Style provides professional performance for today’s working mothers. The Pump In Style includes a double pumping accessory kit; manual pump; cooling elements to chill your milk; four collection containers; a sample of collection, storage, and freezing bags for milk; an AC adapter and a battery pack; and a breastfeeding information guide.

**Pump In Style Original**

Includes features listed in general description. Comes with a black shoulder bag.

457-21, $399.95  **SALE! $250.00**

**Pump In Style Advanced**

The Medela Pump In Style Advanced is the only electric retail pump with breakthrough Natural Expression pumping for maximum milk flow. Natural Expression is an advanced pumping pattern that mimics a baby’s rhythm by pumping in let-down mode and expression mode. It has a one-touch let-down button and customized pumping with adjustable speed and vacuum control. This pumping kit comes with the features listed in the general description above plus a removable motor unit, a removable cooler carrier, and a stylish black shoulder bag.

1579-21, $349.99

**Pump In Style Vehicle Adapter**

438-21, $17.95

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**Medela Harmony™ Breast Pump**

Ideal for occasional use, this manual pump has an ergonomic swivel handle for comfortable, one-handed pumping and features an advanced pumping pattern that mimics baby’s nursing rhythm through two distinct modes: “let-down mode” and “expression mode.” This pump also includes two five-ounce containers with lids, and a breastfeeding information guide.

1499-21, $35.00
Baby carriers are used by parents to support baby in a variety of comfortable positions. While you attend to daily tasks, your little one can sleep, nurse, or relax and watch the world while enjoying the comfort and closeness of your body. Specify first and second choice of fabric.

All fabrics and brands are $45.95.

**Doll Slings**
This miniature sling allows your 2 to (small) 12 yr old to carry her doll & learn attachment parenting naturally. Fabric patterns vary.
1237-16, $10.00

**Over the Shoulder Baby Holder**
This sling is available in sizes medium and large. Size small available on special order. Includes free instructional VHS (No. 1642-30) or DVD (No. 1643-30); indicate your preference with order.
$45.95

- **Moon & Stars**
  - 1639-16 Large
  - 1064-16 Medium

- **Seahorses**
  - 1640-16 Large
  - 1424-16 Medium

- **Noah’s Ark**
  - 1641-16 Large
  - 1425-16 Medium

Order now! Online [www.lalecheleague.org](http://www.lalecheleague.org)
**CuddlyWrap**

This long-tied wrap is one size fits all. Comes with detailed instructions and illustrations.

$45.95

**SlingEzee**

This sling is available in sizes medium and large. Size small available on special order. Includes free instructional VHS (No. 1664-30) or DVD (No. 1665-30); indicate your preference with order.

$45.95

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Order now! Call **800.LA LECHE** Mention Code 109
Lact-Aid
Nursing Trainer Systems

Standard System
The Lact-Aid Nursing Trainer is a supplementation system for mothers who need to give a supplement of human milk or formula at the breast. A standard unit contains adjustable neck strap, bag hanger, strainer, funnel, cleaning syringe, and instructions. A supply of 50 (one roll) bags is also included.

1066-21, $47.00

Deluxe System
The Deluxe System includes two nursing trainer units, adjustable neck strap, bag hanger, strainer, funnel, cleaning syringe, and instructions. A supply of 100 (two rolls, 50 each) bags is also included.

1067-21, $62.00

Refill Bags
These nursing trainer bags are presterilized and have a capacity of 4.5 ounces. One roll of 50 bags lasts for one week with feedings at seven times a day.

1068-21, $8.00

Foley Cup Feeder
Patented Cup Feeder makes cup feeding easy. The unique channel and lip allow control and makes it easy to cup feed. This cup is translucent, soft, reusable, and can be sterilized. Packages of three cups with instructions.

726-21, $6.50

Ameda
Feeding Cups
These cups are an excellent alternative to the use of bottles for babies who have problems with their suck. Milk can be stored in these durable, sterilized, see-through plastic cups with covers. Package of six, two-ounce cups.

255-16, $11.50
Medela Supplemental Nursing System (SNS)™

Two thin tubes, taped to each breast, deliver a supplement to the nursing baby from a plastic container that hangs around the mother’s neck. The SNS is helpful for the baby who can latch on but has special needs. This device is used in relactation, for mothers with low supply who choose to supplement at the breast, for babies with a weak suck, and for adopted babies. Includes three sizes of tubing, tape, and detailed instructions.

451-21, $49.95

Starter SNS

Supplemental feeding kit for short-term use (24 hours of total use) includes single tube, bottle, and instructions.

450-21, $15.95

Medela Hazelbaker™ FingerFeeder

This device, invented by a lactation consultant, is a transitional tool that is used for a short time in order to teach non-latching babies how to latch on to the mother’s breast. Soft, silicone bulb holds the mother’s expressed breast milk or a supplement. Milk comes through a tube attached to the mother’s finger and is fed to the baby. The Medela Hazelbaker™ FingerFeeder Instructional Video is recommended with this purchase.

1069-21, $34.00

Medela Hazelbaker™ Feeder Instructional Video

This video demonstrates when and how to use the Hazelbaker FingerFeeder as a transitional tool for non-latching babies. It also includes assembly and cleaning instructions.

1070-30, $15.95

Order now! Call 800.LA LECHE Mention Code 109
Ameda ComfortGel Hydrogel Pads
These sterile pads fit securely and discreetly inside the bra to provide soothing relief for mothers who may be experiencing nipple pain or trauma. Rinse with warm water after each use. Each pad can be used for up to six days. Two pair per package.
1760-21, $24.95

Breast Nurse™
These re-usable treatment packs can be placed in the bra to apply either soothing warmth or refreshing coolness to the breast. The gel cushions are made from vinyl and can be wiped clean. The gel is non-toxic.
839-21, $19.95

Ameda Breast Shells
Ameda’s breast shells are designed to allow air circulation to help sore nipples heal and come with two sets of backs—one that is used to correct inverted nipples and one that is used for postnatal protection and leakage.
1435-21, $12.25

Evert-It Nipple Enhancer
This comfortable, safe device is used to assist in the correction of flat or inverted nipples of any size to facilitate breastfeeding. Designed by lactation consultants, the Evert-It consists of a syringe with a soft, flexible tip made of silicone, either end of which may be used to provide suction to help nipples protrude for easier latch-on.
441-21, $22.95
My Brest Friend Pillow

Adjustable, wearable nursing pillow with built-in back support and Velcro straps helps mothers position their babies correctly and avoid common breastfeeding problems. 100% cotton cover is removable and washable. Available in indigo denim.

Measures 20" x 9" x 3". 439-21, $39.95

My Brest Friend Travel Pillow

This inflatable pillow fits snugly around mother’s waist without constant readjustment, freeing her hands to hold and caress the baby. Armrests prevent shoulder and neck stress while the lumbar cushion provides back support. The pillow is easily transported, stored flat, and inflates in seconds. Cover is removable for washing. Patterns vary.

Measures 21" x 8.5" x 4". 961-16, $21.99

Anna Nursing Pillow

This pillow can be used by all types of women, whether nursing twins or a singleton. It can be altered to two inches in height for the petite, up to six inches for taller or long waisted mothers, helping to relieve back pain and reduce breast soreness. When not in use for nursing, The Anna is an ideal support pillow for babies who are old enough to sit up. Available in blue. Also available in a gift pack; see page 36!

Measures 27" x 16" x 2/4/6". 1250-16, $49.95

The Hugster

This nursing pillow supports mother’s back while she breastfeeds. It’s great for supporting babies just learning to sit, has an adjustable Velcro fastener, and can also be used as a pregnancy pillow. Entire pillow can be machine washed. Patterns vary.

Measures 22.5" x 22.5" x 7". 840-21, $24.99

Medela Nursing Stool

You can reduce strain by putting your feet up on this specially designed stool. Solid hardwood construction available in light oak finish.

446-21, $32.95
Ideal for baby showers, birthdays, holidays, or just because, this selection of affordable gifts offers something for everyone. Treat a friend, a relative, or yourself!

**Photo Postcard**  
239-16, 10/$2.00

**Universal Gift Card**  
Blank inside.  
257-16, 10/$6.50

**Mother Baby Watercolor**  
Blank inside.  
1690-16, 8/$5.50

**Around the World**  
Blank inside.  
240-16, 8/$5.50

**Baby at the Breast**  
Blank inside.  
226-16, 12/$5.50

**The Perfect Latch On**  
Blank inside.  
1663-16, 8/$9.50

**Mother and Sleeping Baby**  
Blank inside.  
1529-16, 8/$5.50

**Câlin**  
Blank inside.  
974-16, 8/$5.50

Order now! Online [www.lalecheleague.org](http://www.lalecheleague.org)
**Alebrijes Carved Figurines**

Carved and painted in Oaxaca, Mexico, these wooden figurines represent a woman’s right to accurate information, support, and health care services before, during, and after childbirth. Because they are handmade, no two alebrijes are alike. Figurines are aprox. 6 inches tall and available in a pregnant mother, a breastfeeding mother, and a baby in a sling on mother’s back.

1601-16, Pregnant Mother; 1600-16, Breastfeeding Mother; 1602-16, Mother with Baby In Sling, $28.00

**Mariana: the Breastfeeding Doll**

Mariana, handmade of cotton material by a women’s group in Brazil, is an ideal teaching tool. She can be used to depict pregnancy, birth, and breastfeeding. 13.5 inches tall. Hair, skin, and dress color varies; no choice.

283-16, $22.00

**Doll Slings**

This miniature sling allows your 2 to (small) 12 yr old to carry her doll & learn attachment parenting naturally. Fabric patterns vary.

1237-16, $10.00
**Silver Logo Pendant**
This beautiful sterling silver LLL logo pendant is 3/4”.
1033-16, $12.50

**Pewter Pendant with Chain**
Pewter pendant on an 18” silvertone chain. 3/4”.
266-16, $9.50

**Autographed Womanly Art**
A memorable gift, this book is signed by all seven La Leche League Founders.
1490-6, $30.00

**LLL Logo Mug**
This beautiful crystal mug displays the LLLI logo etched in white.
233-16, $11.95

**Lapel pin**
This silver and blue logo pin is a great way to show your LLL spirit!
273-16 silver on blue, $5.95
272-16 gold on blue $5.95

**Silver Breastfeeding Mother Pin & Pendant**
This 1 1/2” openwork sterling silver jewelry is a reproduction of the mother and baby used in New Beginnings magazine.
270-16 pin, $15.00
271-16 pendant, $15.00

**Mother and Baby Pin**
A two-tone gold heart-shaped pin of a mother holding her baby. 3/4”.
263-16, $6.00

**Lucky Baby T-Shirt or Bib**
Breastfed babies are lucky babies and this t-shirt and bib show the whole world. 100% cotton t-shirt, with design in teal and violet.
282-16 Bib, $5.50
All T-shirts: $8.95
286-16, 6 months
281-16, 12 months
217-16, 2 T

**50th Anniversary Pocket Planner**
This planner features the La Leche League International 50th Anniversary logo.
1761-16, $1.95

[Turn to pages 36 and 37 for more gift ideas!]
Here are the newest books specially selected by LLLI for you and your family.

- **The Breastfeeding Cafe** by Barbara L. Behrmann
  1746-7, $19.95

- **Breastfeeding Made Simple** by Kathleen Kendall-Tackett and Nancy Mohrbacher
  11749-7, $16.95

- **A Medication Guide for Breastfeeding Moms** by Thomas Hale and Ghia McAfee
  1750-7, $19.95

- **The Nursing Mother’s Companion** by Kathleen Huggins
  1751-7, $14.95

- **Babywearing** by Maria Blois, MD
  1745-7, $29.95

- **The Hidden Feelings of Motherhood** by Kathleen Kendall-Tackett
  1743-7, $19.95

- **Twenty-Five Things Every New Mother Should Know** by Martha Sears with William Sears
  1752-7, $12.95

- **The Breastfeeding Atlas** by Barbara Wilson-Clay and Kay Hoover
  1747-19, $63.00

- **Counseling the Nursing Mother** by Judith Lauwers and Anna Swisher
  1729-19, $69.95

- **Depression in New Mothers** by Kathleen Kendall-Tackett
  1731-19, $24.95

- **What Mothers Do, Especially When It Looks Like Nothing** by Naomi Stadlen
  1767-7, $14.95

- **When Survivors Give Birth** by Penny Simkin and Phyllis Klaus
  1730-19, $32.95
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Breastfeeding
Research into Practice

July 24-26, 2006
Hilton San Diego Mission Bay,
San Diego, California

Contact: Carol Kolar, RN, CMP
La Leche League International, PO Box 4079, Schaumburg, Illinois 60168-4079 USA
847-592-7551 Fax: 847-519-0035 Email: ckolar@lli.org

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For more information on The Breastfeeding Protection Initiative™ or to order bracelets visit:
www.lansinoh.com or www.lalecheleague.org

ENCOURAGE, SUPPORT, PROTECT BREASTFEEDING™

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