Breastfeeding Resources Catalogue 2018

Information to assist and support breastfeeding mothers

Books | Pamphlets & Booklets | Tip Cards
CDs | Fact Sheets
Welcome

The Australian Breastfeeding Association (ABA) is committed to providing mothers and pregnant women with important, relevant and up-to-date resources to support their breastfeeding goals. Our resources have been developed by our qualified Breastfeeding Information and Research Team to assist mums in making informed choices about breastfeeding.

From breastfeeding books to educational CDs, the ABA has a wide range of information available for purchase. We have information for special situations as well as general tips and advice for breastfeeding newborn babies, toddlers, twins and more!

All proceeds are donated directly to the ABA and assist us in continuing to conduct research, develop resources and provide important services to breastfeeding mums.

To place an order or for more information, please call the ABA Head Office on (03) 9690 4620.

Breastfeeding Books

Breastfeeding...naturally (3rd edition)

The most authoritative, entertaining and accessible breastfeeding book ever produced in Australia. In its third edition, this 200 page book was revised in 2017 and is now fully referenced.

It includes photos and diagrams as well as an informative text gleaned from both scientific research and the collective wisdom of the thousands of mothers who have been members of the Australian Breastfeeding Association.

Suitable for mothers and health professionals.

Price: $34.95

Breastfeeding Management in Australia (4th edition)

The Australian Breastfeeding Association’s book is for health professionals and is the only breastfeeding textbook written specifically for Australian conditions. It is written for the broad range of health professionals who care for pregnant and breastfeeding mothers and their babies, such as midwives, GPs, nurses and pharmacists, as well as lactation specialists such as breastfeeding counsellors and lactation consultants. It is also highly recommended for students, especially those sitting the IBLCE exam.

Edited by Wendy Brodribb AM MBBS IBCLC PhD FABM, this easy-to-use reference is an essential source of up-to-date care for breastfeeding women and their infants.

Price: RRP $120.00

Cook book NMAA - Recipes for busy mothers

The well-known and loved cook book that has been in Australian kitchens since 1975 has been reprinted due to popular demand. The perfect gift idea for those who love to cook and those just starting out.

Whether it is time to replace your much-loved copy; you want to share the secret with family and friends; or it’s time to buy your first copy - now is the time to order.

Price: $29.95

Need extra support and resources about breastfeeding?
The ABA is here to help.
**Pamphlets & Booklets**

**Breastfeeding Confidence**
A DL sized booklet produced by the Australian Breastfeeding Association covering the first few months of breastfeeding.

Perfect for the ante-natal/postnatal pack, this informative booklet really does boost a mother’s breastfeeding confidence. Includes information on what to expect in the early days, breastfeeding trouble-shooting, expressing and storing breastmilk etc.

Pack 20: $20
Pack 50: $50
Pack 200: $180.00
Pack 300: $250.00

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**Breastfeeding: an introduction booklet**

Breastfeeding is normal and natural. It is a rewarding experience for both mother and baby. The early days and weeks are a time for learning and breastfeeding doesn’t always go perfectly at first, but with the right support and information most women do breastfeed successfully.

This booklet gives you some useful advice and preparation techniques to begin your breastfeeding journey.

Price: $8.00

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**ABA binder for booklets**

Attractive white binder for easy reference and protection.

Price: $19.95

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**Breastfeeding: and reflux booklet**

Breastfeeding is as beneficial for the baby with reflux as for all other babies.

This booklet has been written to support those with a medical diagnosis of gastro-oesophageal reflux; help understand what gastro-oesophageal reflux is; give ideas and suggestions to help you cope with reflux in a breastfeed baby; provide lots of survival tips from mothers. A concise, practical and reassuring guide to living with reflux baby.

Price: $8.00

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**Breastfeeding: and your supply booklet**

Many mothers worry about their milk supply. This booklet is based on research findings and what mothers have shared about having too much or too little milk. It explains how breastmilk supply and demand works and provides practical hints for building your supply and the reasons it may be low.

Price: $8.00

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**Breastfeeding: and crying babies booklet**

Helpful suggestions for coping with and accepting a crying colicky baby.

Contains many ideas and support for the mother in this situation.

Price: $8.00

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**Breastfeeding: and family foods booklet**

A sensible approach to the introduction of solid foods to a breastfed baby to fit in with family meals.

Price: $8.00

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**Breastfeeding: when your baby refuses the breast booklet**

An understanding guide with suggestions about why your baby is refusing and ideas about how to encourage your baby back to the breast.

Price: $8.00

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**Breastfeeding: relactation and adoption booklet**

A practical guide for a mother considering breastfeeding her adopted baby and for the mother wishing to re-establish a milk supply after a short or long interruption.

Price: $8.00

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**Breastfeeding: and prevention of jaundice booklet**

This booklet provides information about how to prevent and deal with jaundice in your baby.

Price: $8.00
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<tr>
<th>Title</th>
<th>Description</th>
<th>Price</th>
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<tr>
<td>Breastfeeding: breast and nipple care booklet</td>
<td>An excellent guide to the management of the many and various problems that can affect breasts and nipples during lactation. Information is included on engorgement, thrush, mastitis, cracked and sore nipples etc. The suggestions given are easy to follow.</td>
<td>$8.00</td>
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<tr>
<td>Breastfeeding: and sleep booklet</td>
<td>Explains babies' sleep patterns and gives practical suggestions for coping and accepting your baby's sleeping pattern. Ideas cater for different family needs during this time.</td>
<td>$8.00</td>
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<tr>
<td>Breastfeeding: as your family grows booklet</td>
<td>Suggestions for preparing your child for the arrival of a new baby, plus practical ways to meet the needs of all the children in your family. Contains simple play ideas for children of different ages.</td>
<td>$8.00</td>
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<tr>
<td>Breastfeeding: lactation suppression booklet</td>
<td>Suggests appropriate ways of suppressing lactation in distressing circumstances such as miscarriage or the death of a baby, or other circumstances where breast milk production needs to be stopped suddenly.</td>
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<tr>
<td>Breastfeeding: weaning booklet</td>
<td>A helpful guide to weaning your baby or toddler, covering such topics as mutual weaning, baby-led weaning and mother-led weaning. Has instructions on what to do if you need to wean quickly or if you would like to take a slow/gentle approach.</td>
<td>$8.00</td>
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<tr>
<td>Breastfeeding: babies with a cleft of lip and / or palate booklet</td>
<td>Helps new mothers who continue to breastfeed after returning to work, including managing work involving long periods away from home.</td>
<td>$8.00</td>
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<tr>
<td>Breastfeeding: expressing and storing breastmilk booklet</td>
<td>An excellent guide to all aspects of expressing and storing breastmilk, including information on how to hand express, types of breast pumps, preparing and cleaning equipment and collecting, storing, warming and feeding expressed breastmilk.</td>
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Tip Cards & Fact Sheets

Tip Cards - learning to breastfeed
Brief, essential information on learning how to breastfeed your new baby.
Pack 25: $2.50

Tips Card - reasons why mother’s milk is important
Brief, essential information explaining why a mother’s milk is so important for her baby.
Pack 25: $2.50

Tip Cards - common breastfeeding concerns
Brief, essential information on common challenges that can arise when breastfeeding.
Pack 25: $2.50

Tip Cards - partners
Brief, essential information for partners new to the breastfeeding journey.
Pack 25: $2.50

Tip Cards - breastfeeding anywhere anytime
Brief, essential information on breastfeeding anywhere, at any time.
Pack 25: $2.50

You can breastfeed your baby
Offers some essential information on pursuing breastfeeding.
Pack 5: $1.20

Normal nappies fact sheet pad (100 Per Pad)
Colour A4 chart featuring photos of the normal nappy output of a baby in the first five days of life. Reverse side has Frequently Asked Questions on how often babies need to be breastfed, how to tell if they are getting enough milk and what things can help breastfeeding go well, among others.
Price Per Pad: RRP $17.50

CDs

Multilingual all languages CD
Sets of ten fact sheets in English and the following languages: Amharic, Arabic, Assyrian, Chinese, Farsi, Hindi, Khmer, Korean, Macedonian, Serbian, Spanish, Turkish, Vietnamese.
• How Breastfeeding works
• First Feeds - Putting Your Baby to the Breast
• Engagement and Coping With an Oversupply
• Blocked Ducts and Mastitis
• Sore and Cracked Nipples
• Increasing Your Milk Supply
• The Complementary Feed
• Working and Breastfeeding
• How to Express Breastmilk
• How to Store Breastmilk
Price: RRP $49.95

Merrily Merrily CD
This CD is based on a book of songs and rhymes for young children.
Price: $19.95

Want to place an order?
Call (03) 9690 4620.

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