

# Breastfeeding-Friendly Books and Toys

Photo courtesy of Barbara Cameron



*An important way to support breastfeeding is to help the children in your center learn that breastfeeding is a normal way to feed a baby. This means providing children with learning and play opportunities that include breastfeeding. There are many wonderful books and toys that do this, and this flyer lists some examples that were selected by our staff.*

## Books

### **The Best Gifts** by Marsha Forchuk Skrypuch

An adult remembers the gifts from her parents, such as time, love, and breastfeeding, and then passes them along to her own child.

### **Breastmilk Makes My Tummy Yummy** by Cecilia Moen

This rhyming book describes babies and toddlers nursing in a variety of situations.

### **My New Baby** by Rachel Fuller

A wordless board book showing a toddler and his family caring for their new baby.

### **I'm Made of Mama's Milk** by Mary Olsen

This board book is told from the perspective of a nursing baby. Perfect for babies and toddlers.

### **If My Mom Were a Platypus: Mammal Babies and Their Mothers** by Dia L. Michels

A great book for older children on mammals and their babies.

### **Look What I See! Where Can I Be? In the Neighborhood** by Dia L. Michels

A busy family explores a city neighborhood together.

### **Happy Birth Day!** by Robie H. Harris and Michael Emberley

A mother tells her daughter about her birth and first day of life.



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In Collaboration With:

NC Child Care Health and Safety Resource Center

NC Infant Toddler Enhancement Project

Shape NC: Healthy Starts for Young Children

NC Division of Public Health

Wake County Human Services and

Wake County Smart Start

## More Books ...

### **Mama's Milk** by Michael Elsohn Ross

Multicultural mothers and babies with pictures of other animals nursing their young. Also available in Spanish under the title *Mamá me alimenta*.

### **Supermom** by Mick Manning and Brita Granström

A book showing a wide variety of human and animal mothers caring for their babies.

### **We Have a Baby** by Cathryn Falwell

A family with a toddler adjusts to life with a new baby.

### **We Like to Nurse** by Chia Martin

A simple book showing animal mothers nursing their young.

### **Will There Be a Lap for Me?** by Dorothy Corey

A little boy wonders if there will be room for him after his new sibling arrives.

### **What Baby Needs** by William Sears MD, Martha Sears RN, and Christie Watts Kelly

The needs of a new baby are explained in words that toddlers can understand. Illustrates both breastfeeding and bottle-feeding.

## and Toys !

### **Breastfeeding is Special**

Available from Gateway Northwest Maternal and Child Health Network, Inc., this coloring book shows a mom breastfeeding a young baby and interacting with her older child.

### **Dolls Without Bottles**

Young children love to pretend they are parents and to nurture their own babies. While sometimes you may want to have doll bottle available, consider times or places that are bottle-free.

### **Nursing Nina Cat, Nana Dog and Nuna Pig**

Manufactured by Manhattan Toy Company, these stuffed animals come as a set that includes a mom and three babies. Each baby animal has a magnet near its mouth that allows it to “latch” onto its mother and nurse.

