



## Suggested Reading

1. Amy Spangler's Breastfeeding: A Parent's Guide  
by : Amy Spangler
2. The Ultimate Breastfeeding Book of Answers  
by : Jack Newman
3. The Breastfeeding ANSWER BOOK  
by : La Leche League International
4. The Womanly Art of Breastfeeding  
by : La Leche League International
5. New Mother's Guide to Breastfeeding  
by : American Academy of Pediatrics

## WEB sites

1. [www.medela.com](http://www.medela.com)
2. [www.breastfeeding.org](http://www.breastfeeding.org) (San Diego Breastfeeding Coalition)
3. [www.breastfeedingonline.com](http://www.breastfeedingonline.com)
4. [www.lalecheleague.org](http://www.lalecheleague.org)

SouthCrest Lactation Support Office 294-4239

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