

# peaceful parent happy kids

## **Best Breastfeeding Books**

We've picked out our favorite books on how to make feeding your infant the perfect food easy, effortless, and one of the most rewarding things you've ever done.

Here is a small sampling of time-tested books so you can locate them easily the next time you visit the library.

For more recommendations based on age and select topics, please visit our website at **[PeacefulParentHappyKids.com](https://PeacefulParentHappyKids.com)**.

- 1. The Womanly Art of Breastfeeding** by Diane Wiessinger
- 2. The Nursing Mother's Problem Solver** by Claire Martin
- 3. The Nursing Mother's Companion** by Kathleen Huggins
- 4. The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning** by William Sears, MD and Martha Sears, RN