



# La Leche League New Zealand Inc. CATALOGUE March 2010

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## Breastfeeding Books

B003	\$43.00	<b>Bestfeeding: How to Breastfeed Your Baby</b> , Arms, Fisher & Renfrew A clear, straightforward and complete guide with many helpful photos and drawings to demonstrate do's and don'ts of breastfeeding
B016	\$22.00*	<b>Breastfeeding an Adopted Baby &amp; Relactation</b> , Elizabeth Hormann Unique combination of practical and professional information
B013	\$39.00	<b>Breastfeeding Made Simple</b> , Nancy Mohrbacher & Kathleen A Kendall-Tackett Seven natural laws for breastfeeding mothers
B014	\$34.00	<b>Breastfeeding with Confidence</b> , Sue Cox What you need to know about your baby to make breastfeeding work
B012	\$20.00*	<b>Breastfeeding Your Premature Baby</b> , Gwen Gotsch
B015	\$46.00*	<b>Hirkani's Daughters</b> , compiled & edited by Jennifer Hicks Women who scale modern mountains to combine breastfeeding and working
B024	\$38.00	<b>Making More Milk</b> ; Diana West, IBCLC, and Lisa Marasco, M.A., IBCLC The Breastfeeding Mother's Guide, incorporates the latest research and discoveries about causes of low milk supply, the way your body makes milk, and how babies contribute to your milk production.
B023	\$42.00*	<b>Mothering Your Nursing Toddler</b> , Norma Jane Bumgarner The importance of breastfeeding from the child's point of view.
B005	\$37.00	<b>Nursing Mother, Working Mother</b> , Gale Pryor and Kathleen Huggins, R.N.,M.S. Essential reading for any woman who seeks to combine the roles of nursing mother and working mother.
B006	\$40.00	<b>The Politics of Breastfeeding</b> , Gabrielle Palmer. The new and updated version.
B001	\$46.00*	<b>The Womanly Art of Breastfeeding</b> , LLLI 7 <sup>th</sup> Edition, 2004 The essential book on breastfeeding with an abundance of information.
	\$184.00	Bulk purchase of <b>5 copies</b> of B001 at 20% discount

## Breastfeeding Booklets

L023	\$5.00	Breastfeeding a Baby with Down Syndrome
L014	\$8.00	Breastfeeding Triplets, Quads and More
L017	\$5.00	The Diabetic Mother and Breastfeeding
L025	\$8.00	Gastro-oesophageal Reflux and the Breastfed Baby
L022	\$4.00	Lactation Suppression
L122	\$5.00	Nursing a Baby with a Cleft Lip or Cleft Palate
L018	\$8.00	Postnatal Depression and Breastfeeding
L013	\$8.00	Relactation & Adoptive Breastfeeding
L011	\$10.00	Too Much ( <i>managing over-supply</i> )

## Reference Books for Leaders and Health Professionals

LG480	\$100.00	<b>The Breastfeeding Answer Book (3rd edition 2003)</b> , Nancy Mohrbacher & Julie Stock <b>20% discount on this book - given to Leaders/ LLL Groups/ Professional Supporting members only</b>
HP2008	\$15.00	<i>Breastfeeding Communiqué 2008</i>
HP2006	\$15.00	<i>Breastfeeding Communiqué 2006</i>

### Lactation Consultant Series Booklets

LC010	\$12.00	Appropriate Introduction of Complementary Foods....
LC021	\$13.00	Breastfeeding and the Sexual Abuse Survivor
LC009	\$13.00	Helping a Mother Breastfeed her Baby with Down Syndrome

**10% discount on books marked \* is given to Leaders, LLL Groups and Professional Supporting Members only**

*Please see separate sheet for ordering and payment information*

## Childbirth Books

C005	\$29.00	<b>Life after Baby Loss</b> , Nicola Miller-Clendon A guide to pregnancy and infant loss and subsequent pregnancy in NZ
C002	\$42.00	<b>New Active Birth</b> , Janet Balaskas

## Nutrition Books

N010	\$9.50	<b>Mothering Time Cookbook</b> , LLLNZ (reprinted 2004)
N009	\$35.00*	<b>Whole Foods for Babies and Toddlers</b> , LLLI
N008	\$42.00*	<b>Whole Foods for the Whole Family</b> , LLLI
N011	\$40.00	<b>Baby-led Weaning</b>

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## Parenting Books

P019	\$46.00*	<b>Adventures in Tandem Nursing</b> , Hilary Flower Breastfeeding during pregnancy and beyond
P027	\$46.00*	<b>Adventures in Gentle Discipline</b> , Hilary Flower How real parents deal with their children in gentle and loving ways
P020	\$36.00*	<b>Becoming a Father</b> , William Sears "The more effort you put into it, the more enjoyment you will get out of it."
P134	\$25.00*	<b>The Fussy Baby</b> , LLLI
P015	\$37.00	<b>How To Talk so Kids Will Listen &amp; Listen so Kids Will Talk</b> , Adele Faber & Elaine Mazlish To bring about cooperation from children and promote harmony at home.
P021	\$34.00*	<b>Mothering Multiples 3<sup>rd</sup> Edition</b> , Karen Kerkhoff Gromada Valuable information for parents of multiples with an emphasis on breastfeeding and attachment-style parenting
P025	\$36.00*	<b>Nighttime Parenting</b> , William Sears Sensitive solutions to baby's sleepless nights and helping parents cope.
P033	\$35.00	<b>The No-Cry Discipline Solution</b> , Elizabeth Pantley Gentle ways to encourage good behaviour without whining, tantrums and tears
P005	\$34.00	<b>The No-Cry Sleep Solution</b> , Elizabeth Pantley Gentle ways to help a baby sleep through the night
P026	\$34.00	<b>The No-Cry Sleep Solution for Toddlers &amp; Preschoolers</b> , Elizabeth Pantley Tools to help your 1 – 6 year old get in bed, stay in bed and sleep all night
P036	\$38.00	<b>The Nursing Mother's Guide to Weaning</b> , Kathleen Huggins, R.N., M.S and Linda Ziedrich How to bring Breastfeeding to a gentle close, and how to decide when the time is right.
P013	\$39.00*	<b>Seven Voices, One Dream</b> , Mary Ann Cahill An inspiration account of the beginnings of La Leche League from the founders of the organisation.
P030	\$28.00	<b>Sleeping Like a Baby</b> , Pinky McKay A natural, intuitive approach to solving sleep problems
P023	\$26.00	<b>Sleeping with Your Baby</b> , James McKenna A parent's guide to co-sleeping
P037	\$28.00	<b>Toddler Tactics</b> , Pinky McKay Creating magic from mayhem.
P024	\$36.00	<b>What Mothers Do – especially when it looks like nothing</b> , Naomi Stadlen A unique and perceptive look at mothering

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# Breastfeeding Leaflets

A discount applies to the following Leaflets when ordered in bulk

Order in multiples of	Discount	Reg Price:	\$1.00	\$1.50	\$2.00	\$2.50	\$3.00
10	20%		\$8.00	\$12.00	\$16.00	\$20.00	\$24.00
50	30%		\$35.00	\$52.50	\$70.00	\$87.50	\$105.00

L026	Allergies and Breastfeeding	\$1.00
L125	Approaches to Weaning	\$3.00
L130	The Breastfeeding Father	\$2.00
L087	Breastfeeding and Fertility	\$1.00
L012	Breastfeeding with Inverted Nipples	\$2.00
L064	Breastfeeding Makes a Difference (the benefits of breastfeeding)	\$2.00
L016	Breastfeeding in Public	\$2.00
L028	Breastfeeding and Sexuality	\$1.50
L075	Common Breastfeeding Myths	\$2.00
L145	Creative Grandparenting	\$1.00
L092	Help for Sore Breasts	\$2.00
L091	Help for Sore Nipples	\$2.00

L123	How a Baby Learns to Love	\$1.00
L032	Nipple Confusion	\$2.00
L159	Nutrition and Breastfeeding	\$2.00
L107	Positioning Your Baby at the Breast	\$2.00
L097	Still Breastfeeding? (breastfeeding beyond the first year)	\$1.00
L024	Thrush ((treating thrush in the breastfeeding family)	\$1.50
L020	When Babies Cry	\$2.00
L021	When a Nursing Mother Gets Sick (continuing breastfeeding, medication and weaning)	\$2.00
L124	When You Breastfeed Your Baby	\$2.00

# Breastfeeding Information Sheets

Code	Title	Single Sheet	Pack 50
M020	Breastfeeding Tips Information Pad In Maori and English	10c	\$5.00
L570	A Guide to Pumping Your Milk	50c	\$18.75
L473	Are Your Nipples Sore?	50c	\$18.75
L002	Baby Arrives (tips for your toddler when a new baby is born)	50c	\$18.75
L1928	Blocked Ducts and Mastitis	75c	\$28.15
L209	Breastfeeding After a Cesarean	50c	\$18.75
L001	Breastfeeding the Next Time (breastfeeding after a bottle fed baby)	50c	\$18.75
L003	Breastfeeding and Your Baby's Teeth	50c	\$18.75
L1346	Choosing a Breast Pump	50c	\$18.75
L1744	Environmental Chemicals and Human Milk	50c	\$18.75
L469	Establishing Your Milk Supply	50c	\$18.75
L405	Introducing Complementary Foods to Your Breastfed Baby	50c	\$18.75
L457	Is My Breastfed Baby Getting Enough Milk?	50c	\$18.75
L896	If Your Breasts Become Engorged	50c	\$18.75
L1376	The Importance of Breastfeeding	50c	\$18.75
L474	Manual Expression of Breast milk (Marmet Technique)	50c	\$18.75
L1689	Newborn Jaundice	50c	\$18.75
L1347	Nipple Shields	50c	\$18.75
L1557	Persistent Diarrhoea in Babies and Toddlers	50c	\$18.75
L1486	Safe Sleep	50c	\$18.75
L1487	Smoking and Breastfeeding	50c	\$18.75
L4692	Storing Human Milk	50c	\$18.75
L4712	Tips For Breastfeeding Twins	50c	\$18.75
L986	Tips for Handling the Baby Blues	50c	\$18.75
L935	Treating Thrush	50c	\$18.75
L1220	Working and Breastfeeding	50c	\$18.75

**Full Set**

**\$98.00** plus postage

**LG070**

**Full Set of Leaflets, Booklets & Information Sheets (excludes LC Series)**

# Peer Counsellor Programme Curriculum

**Continuing Education Modules - \$20 per module. These resources are additions to the Peer Counsellor programme Curriculum and are available to current licensed Administrators.**

CE1	Helping Mothers in Unusual Situations: Illness in Mother or Baby – Listening and Responding
CE2	Helping Mothers in Unusual Situations: Illness in Mother or Baby – Helping the Mother to Talk with Her Health Worker.
CE3	Helping Mothers in Unusual Situations: Medications / Drugs and Contaminants in Human Milk; Diagnostic Tests and Treatment
CE4	Helping Mothers in Unusual Situations: Specific Illness in the Mother; Breast Injury and Surgery
CE5	Understanding Negativity About Breastfeeding
CE6	Breastfeeding the Newborn: Jaundice; Hypoglycaemia
CE7	Breastfeeding the Newborn: Premature Baby; Multiples
CE8	Breastfeeding a Baby With Special Needs: Cleft Lip and Palate; Down Syndrome

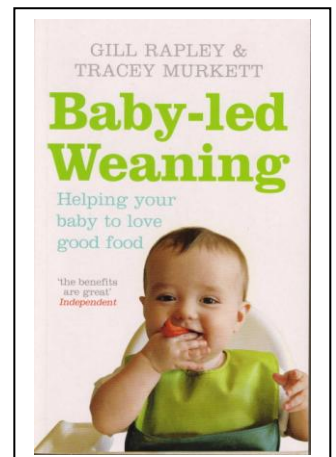
## General

M005	Free	25 Ways to Stay Connected with LLL	(A4 sheet)
M012	Free	Are you pregnant or breastfeeding?	(colour brochure)
M006	Free	Tell Me More! ...about breastfeeding information sheets	(A4 sheet)
M007	Free	Ten Good Books about Breastfeeding	(A4 sheet)

## New Book.

*(N011)Baby-led Weaning, Gill Rapley & Tracey Murkett*

Helping your baby to love good food. Book is available from La Leche League for \$40.00 + postage per copy



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*LLLNZ Catalogue updated monthly.*

*Look on the website for the latest version* [www.lalecheleague.org.nz](http://www.lalecheleague.org.nz)

*Our Prices:*

- ~ Include GST
- ~ Do not include Postage and Packing
- ~ Are subject to alteration without notice
- ~ Discounts apply to Leaders / LLL Groups / Professional Supporting members only

*Returns:* If we have supplied your order accurately, returns can only be accepted by prior arrangement.

*Donations:* All donations to LLLNZ of \$5 or more are tax deductible



# How to Make Payment

## Choose one option only:

1. Direct Credit the LLLNZ Inc account at your bank branch or using online banking.  
LLLNZ account #: 02 0524 0098897 00
2. Pay by MASTERCARD: Name on Card: .....  
or VISA Number: ..... Expiry Date: .... / .....  
Signature: .....
3. Send a completed cheque using the Pre-paid Postage Table below.
4. Send us your order by email and we will tell you the total cost. We will process your order on receipt of payment. If we do not have payment within **one month**, your order will be returned to stock.
5. Send your order by post or fax and we will invoice you. On receipt of LLLNZ invoice, make payment within **one month** and your order will be supplied immediately. If we do not have payment within one month, your order will be returned to stock.

LLLNZ is also able to accept overseas currency cheques.

Please send completed Order Form (on reverse)  
to LLLNZ, PO BOX 50-780, PORIRUA 5240.

## PRE-PAID POSTAGE TABLE

For Orders up to:		North Island	South Island
\$5	add	\$3	\$3
\$20		\$4	\$5
\$50		\$8	\$11
\$100		\$10	\$12
\$200		\$12	\$20
over \$200		\$15	\$20

## ALL ORDERS AND ENQUIRIES TO:

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