

INDEX OF HANDOUTS

- Visit** **Handout title (handouts developed by Christine Betzold unless otherwise noted)**
- 1 Breastmilk is Far Superior
Infant feeding costs by Louise Arce Tellalian, 1999.
 - 2 Strategies for success
Breast or Bottle? By Diane Wiessinger (order cd for copyright permission)
Breastfeeding and Eating
 - 3 Some Breastfeeding Myths and More Breastfeeding Myths by Dr. Jack Newman
More and More Breastfeeding Myths and Still More Breastfeeding Myths by Dr. Jack Newman
 - 4 Mothers who choose to formula feed-Please be aware of the following by Dr. Michal Young.
Daily food guide pregnant/breastfeeding women by WIC.
 - 5 Nursing in Public by Motherwear Inc.
Working and Breastfeeding and Separation and Milk Storage
 - 6 Safely Putting Baby to Sleep
Low-Tech Mothering & Wearing your baby by Diane Wiessinger (order cd for copyright permission)
 - 7 Feeding Problems and Solutions
Sore Nipples by Dr. Jack Newman
Manual Expression of Breastmilk from Medela
Triple Nipples and Early Weaning by Diane Wiessinger (order cd for copyright permission)

8 [Breastfed Baby's Milestones](#)

[Orange County Breastfeeding Coalition Resource Guide](#)

[Breastfeeding Starting out Right and Breastfeeding and Jaundice by Dr. Jack Newman](#)

9 Sleepy Baby

[Is my baby getting enough milk?](#) by Dr. Jack Newman

[Three Course Meal and a Dance by Diane Wiessinger \(order cd for copyright permission\)](#)

[Dr. Newman's Handouts](#)

[Australian Breastfeeding Association Handouts](#)

[Marsha Walker-- Just One Bottle Won't Hurt, Or Will It?](#)