

# SUGGESTED READING LIST



Since individual study is a major component of exam preparation, this reading list is included to aid you in your preparation. This Suggested Reading List is not all-inclusive, nor does it cover all exam items. The IBLCE recommends that candidates become familiar with a wide range of literature, scientific studies and journals, including material published outside their own countries. In addition to the listed books, it is useful to review good basic texts on child development, neonatology, prematurity, research methodology and statistics. Candidates should also be familiar with books written for mothers, particularly the mother-support literature which covers normal behaviour, older babies and breastfeeding management in a range of situations. Inclusion on this list does not constitute an endorsement by IBLCE.

**NOTE:** The letters in brackets after a title in the alphabetical listing refer to those Disciplines in the Exam Blueprint which are well covered in that book or series. General lactation texts and practical breastfeeding management texts do not have Discipline references after them, since they cover a broad spectrum of topics.

## GENERAL LACTATION TEXTS

Lawrence, Ruth and Lawrence, Robert. *Breastfeeding: A Guide for the Medical Profession*: Elsevier Mosby, 2005.

Riordan, J. *Breastfeeding and Human Lactation*. Jones & Bartlett, 2004.

## PRACTICAL BREASTFEEDING MANAGEMENT TEXTS

Biancuzzo, M. *Breastfeeding the Newborn: Clinical Strategies for Nurses*. Mosby, 2003.

Brodribb, W. (ed) *Breastfeeding Management*. Australian Breastfeeding Association, 2004.

Lauwers, J, and Swisher A. *Counseling the Nursing Mother*. Jones & Bartlett, 4th Edition 2003.

Mohrbacher, N, and Stock J. *The Breastfeeding Answer Book*. La Leche League International, 2003.

The Royal College of Midwives, UK. *Successful Breastfeeding*. Churchill Livingstone, 2003.

Walker. *Breastfeeding Management for the Clinician*. Harcourt Brace, Canada

## PROFESSIONAL TEXTS

ILCA *Core Curriculum for Lactation Consultant Practice*. Walker, M (ed), Jones & Bartlett, 2001.

## BOOKS OF CLINICAL PHOTOGRAPHS

Auerbach K., and J. Riordan. *Clinical Lactation: a visual guide*. Jones & Bartlett, 2000.

Wilson-Clay, B., and Hoover K. *The Breastfeeding Atlas* 3rd edition. Lactnews Press, Austin Texas, 2005.

## ADDITIONAL READING

AAP & ACOG. *Breastfeeding Handbook for Physicians*. 2006 (primarily for candidates who are physicians)

Allain A and Chetley A. *Protecting Infant Health: A Healthworker's Guide to the International Code of Marketing of Breast-milk Substitutes*. IBFAN, 2003. [J,M]

Bornmann, P. *A Legal Primer for Lactation Consultants*. Chapter in ILCA *Core Curriculum for Lactation Consultant Practice*. Walker (ed), Jones & Bartlett, 2001. [J]

Greenhalgh, Tricia *How to read a paper: the basics of evidence based medicine*. BMJ Publishing Group. Relevant full text extracts available as articles at: <http://www.bmj.com/> [I]

Hale, Thomas. *Medications and Mothers' Milk* Pharmasoft Publishing, 2006 or biennial new edition. [F]

Hale, T and Berens P. *Clinical Therapy in Breastfeeding Patients*. Pharmasoft Publishing. [F]

Hale, T and Ilett K. *Drug Therapy and Breastfeeding*. Pharmasoft Publishing, 2002. [F]

Hanson, Lars. *Immunobiology of Human Milk: How Breastfeeding Protects Infants*. Pharmasoft Publishing, 2004. [D]

Ivey AE and Ivey MB. *Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society*. 5th edition. Wadsworth: 2003. [G]

Lang, S. *Breastfeeding Special Care Babies*. Baillière Tindall, 2002. [most disciplines; chronological period: 2]

Merewood A and Phillip B. *Breastfeeding Conditions and Diseases*. Pharmasoft Publishing, 2001. [E]

Morris, SE and Klein, MD. *Pre-Feeding Skills — A Comprehensive Resource for Mealtime Development*. Therapy Skill Builders, 2nd edition, 2000. [A,C,E,G,H,L]

NHMRC. *Dietary Guidelines for Children and Adolescents in Australia incorporating the Infant Feeding Guidelines for Health Workers*. Australian Government Printer, 2003. [M]

Roberts, K and Taylor B. *Nursing Research Processes: An Australian Perspective*. Nelson, 2002. [I]

Scott, J. *The Code of Ethics for International Board Certified Lactation Consultants: Ethical Practice*. Chapter in ILCA's *Core Curriculum for Lactation Consultant Practice*. Walker (ed), Jones & Bartlett, 2001. [J]

Shealy K, Li R, Benton-Davis s, Grummer-Strawn LM. *The CDC Guide to Breastfeeding Interventions*. US Dept of Health and Human Services, CDC, 2005. [M]

Shelov, S. *Caring for Your Baby and Young Child: Birth to Five Years*. AAP. Bantam Books, 2004. [H]

Stuart-Macadam P and Dettwyler K, *Breastfeeding: Biocultural Perspectives*. Hawthorne, NY: 1995. [G]

Tappero, EP and Honeyfield ME. *Physical Assessment of the Newborn*. NICU Ink, 2003. [chron. periods: 5&6]

WHO. *The International Code of Marketing of Breast-Milk Substitutes: frequently asked questions*. 2006 <http://www.who.int/child-adolescent-health/> [M]

Wolf, LS and Glass RP. *Feeding and Swallowing Disorders in Infancy: Assessment and Management*. Psych Corp, 1992. [A,E,H,L]



## READING LIST and MILCC

### JOURNALS AND OTHER PROFESSIONAL PUBLICATIONS

#### Academy of Breastfeeding Medicine

[www.bfmed.org](http://www.bfmed.org) Clinical Protocols on website *ABM News and Views*. Quarterly newsletter by subscription.

#### Australian Breastfeeding Association

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

*Breastfeeding Review*. Professional journal published twice each year, available by subscription from ABA.

*Lactation Resource Centre*. An annual subscription to ABA's LRC provides quarterly listings of the latest published research and journal articles, vouchers for database searches and photocopying of articles; home enquiry and referral service; *Topics in Breastfeeding* papers; plus a subscription to *Breastfeeding Review*. *Topics in Breastfeeding*. A set has been published by ABA's LRC each year since 1991. Back copies of sets still available and useful. Check titles with ABA.

#### ILCA [www.ilca.org](http://www.ilca.org) *Journal of Human Lactation*.

Quarterly professional journal available by joining the international Lactation Consultant Association.

*Evidence-Based Guidelines for Breastfeeding management during the First Fourteen Days*.

*Standards of Practice for IBCLC Lactation consultants*. International Lactation Consultant Association (ILCA) 2005 (reprinted in this *Guide*) [J]

#### La Leche League International

[www.lalecheleague.org](http://www.lalecheleague.org) New Zealand:

[www.lalecheleague.org/LLLNZ](http://www.lalecheleague.org/LLLNZ) *Breastfeeding Abstracts* Quarterly annotated summary of important new research - by subscription from LLLI.

#### World Health Organisation, Geneva [www.who.int](http://www.who.int)

and <http://www.who.int/nut/publications.htm#inf>

*Complementary Feeding: family foods for breastfed children*. WHO 2000 [H]

*Evidence for the Ten Steps to Successful Breastfeeding*. Geneva, WHO 1998 [M]

*Global Strategy for Infant and Young Child Feeding*. Geneva, WHO 2003 [M]

*HIV and Infant Feeding. A guide for health care managers and supervisors and Guidelines for decision makers*. Geneva, WHO 1998 [D, M]

*Hypoglycaemia of the Newborn: Review of the Literature*. Geneva, WHO 1998 [B]

*International Code of Marketing of Breast-milk Substitutes*. Geneva, WHO 1981 [M]

*Nutrient Adequacy of Exclusive Breastfeeding for the Term Infant During The First Six Months of Life*. 2002

*Protecting, Promoting and Supporting Breastfeeding: The Special Role of Maternity Services*. WHO/ UNICEF Statement, 1989.

*Relactation: Review of experience and recommendations for practice*. Geneva, WHO 1998 [B]

### MILCC FINANCIAL ASSISTANCE

Monetary Investment for Lactation Consultant Certification (MILCC) is an international body which provides financial assistance to IBLCE exam or recertification applicants who demonstrate financial need and who will work with populations that would benefit from an IBCLC.

A MILCC application form is available from IBLCE on request. It must be submitted with a completed exam application, and mailed to IBLCE by the end of February.

**Please note that all eligibility requirements, including all education hours, must have been completed by the time of application.**

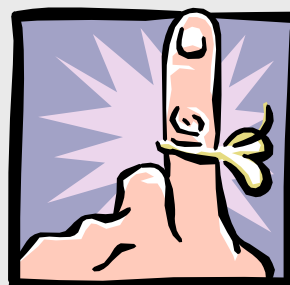
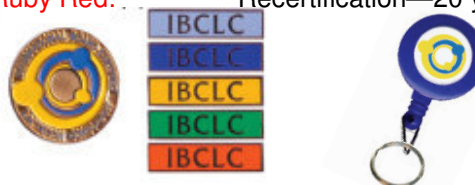
IBCLCs recertifying by exam or by CERPs may also apply for MILCC financial assistance. If recertifying by CERPs, the completed recertification application and MILCC application must be mailed to IBLCE by the end of February (to apply for the early fee rate)

### SUPPORTING MILCC

Once certified you can purchase a IBCLC lapel pin or ID key ring and the proceeds go to support MILCC

Badges are \$12AUD, Bars \$6AUD and ID/Key ring \$5AUD

Light Blue:	Initial certification
Dark Blue:	Recertification—5 years
Golden Yellow:	Recertification—10 years
Emerald Green:	Recertification—15 years
Ruby Red:	Recertification—20 years



**Avoid additional fees by including all required information and documents with your application form. Keep a copy of your**

**application, and keep this Guide and your Application Supplement for reference.**

ANSWERS TO SAMPLE QUESTIONS (Page 27)