



Publication List

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MANUALS, GUIDES, AND TOOLS

Lactation Management Self-Study Modules, Level I. Wellstart International, 2004. This volume contains three self-study modules for medical, nursing, and nutrition students designed to provide them with the basic tools necessary for supporting breastfeeding, including prevention and basic management of common clinical problems affecting the mother/infant couple. The document contains scientific data, detailed illustrations and full-color photographs. It also includes an introductory faculty guide. 78 pgs. *Wellstart Associates may purchase at a reduced rate.*

MG30
E
\$50.00

Lactation Management Curriculum: A Faculty Guide for Schools of Medicine, Nursing, and Nutrition, Fourth Edition. Wellstart International and the University of California, San Diego, 1999. This guide is intended to assist faculty and other curriculum planners to integrate lactation-related topics into clinical and classroom courses throughout health professionals’ preparatory programs at both the undergraduate and postgraduate levels. It includes educational objectives and outlines of the material as well as teaching aids, strategies, resources, and reference lists. 424 pgs.

MG15
E
\$100.00
*Wellstart
Assoc’s may
purchase for
\$50.00*

Community-based Breastfeeding Support Trilogy. A set of manuals designed to complement each other as support for breastfeeding in the community unfolds. These manuals are available as a set or separately, as follows:

MG01
E \$60.00
CD MG07
\$25.00

A Planning Manual. Wellstart’s Expanded Promotion of Breastfeeding Program, U.S. Agency for International Development, and Nurture, July 1996. This manual is designed to help managers and planners create new community-based activities in support of breastfeeding, as well as to monitor, expand, or improve the components of existing programs. 232 pgs.

MG02
E
\$25.00

A Training Curriculum. Liga de la Lactancia Materna de Honduras and Wellstart’s Expanded Promotion of Breastfeeding Program, July 1996. This curriculum contains the information needed to train volunteers and other community-level workers in the fundamentals of breastfeeding management and support, with an integrated approach to maternal and child health and nutrition. 304 pgs.

MG03
E
\$30.00

A Guide for Trainers and Supervisors. Rosenberg JE, and de Suarez MJJ. Wellstart’s Expanded Promotion of Breastfeeding Program, July 1996. This manual provides a detailed discussion of interpersonal counseling and facilitation skills. It also contains sections on implementation of educational and promotional activities in community-based breastfeeding programs. 218 pgs.

MG04
E
\$25.00

A Guide to Qualitative Research for Improving Breastfeeding Practices. Favin M, and Baume C. The Manoff Group and Wellstart’s Expanded Promotion of Breastfeeding Program, June 1996. This guide describes a process to identify obstacles to optimal breastfeeding, define practically feasible and technically effective interventions to improve breastfeeding practices, and design a strategy for promoting these practices. 166 pgs.

MG05
E
\$20.00

Patient History and Assessment. Wellstart International, 1992. A reproducible data gathering form for use in clinical settings. Includes mother/infant history, mother’s and infant’s physical examination pertinent to breastfeeding, infant oral-motor assessment, breastfeeding observation, problem definition and plan. 8 pgs.

MG13
E
\$5.00



PATIENT EDUCATION MATERIALS

Breastfeeding Basics. Wellstart International, Revised 2000. These information cards are ideal for health care providers to use when counseling mothers on commonly asked questions about breastfeeding, including “What is optimal breastfeeding?” and “How will I know if my newborn is getting enough milk?” The cards also deal with anticipated breastfeeding problems, including storage of expressed breastmilk, engorgement, mastitis, abscess, sore nipples, and insufficient milk. Set of 13 cards. **SM01 E \$12.00**

Lactation Management Patient Education Handouts. Wellstart International, English version updated 2001. This sample set of reproducible handouts is for use in lactation clinics and postpartum units, as well as pediatric, obstetric, and family health care offices. Set of 15 handouts. **SM03 E \$20.00**

POLICY & TECHNICAL DOCUMENTS

Developmental Readiness of Normal Full Term Infants to progress from Exclusive Breastfeeding to the Introduction of Complementary Foods: Reviews of the Relevant Literature Concerning Infant Gastrointestinal, Immunologic, Oral Motor and Maternal Reproductive and Lactational Development. Wellstart International and the LINKAGES Project, Academy for Educational Development, Naylor AJ, ed. and Morrow A, co-ed, 2001. This document includes expert reviews of the early development of four biologic functions essential to assuring that the human infant can successfully transition from exclusive breastfeeding to the introduction of complementary foods. The material looks at the biological readiness of these functions for this change and was prepared to provide guidance for policy makers regarding what should be the recommended duration of exclusive breastfeeding. Contributing authors: Armond S. Goldman, MD, Alan S. McNeilly, PhD, Audrey J. Naylor, MD, DrPH, W. Allan Walker, MD, Sarah Danner, MSN, Sandra Lang, Mphil, RM, Dip Ed, and Ardythe Morrow, DrPH. 40 pgs. **PT91 E \$5.00**

Breastfeeding: A Natural Resource for Food Security. Huffman S, Rasmusson E, Newman V, and O’Gara C, Wellstart’s Expanded Promotion of Breastfeeding Program, 1992. A discussion of how breastfeeding improves household food security, saves money, spaces births, prevents micronutrient deficiencies, and prevents infectious diseases. 27 pgs. **PT03 E \$4.00**

Executive Summary. A summary of the above paper. 2 pgs. **PT04 E \$2.00**

Breastfeeding Saves Lives: The Impact of Breastfeeding on Infant Survival, Second Edition. Nurture and Georgetown University, Institute for Reproductive Health, July 1996. This booklet discusses breastfeeding’s profound impact on infant deaths, particularly as it compares to other child survival interventions and its potential to save an increased number of lives. 12 pgs. **PT08 E \$4.00**

Promotion of Exclusive Breastfeeding: A Review of Experience from the Field. Baker J, Nurture, 1996. A review of eight research studies conducted to determine if breastfeeding promotion increases exclusive breastfeeding rates. 10 pgs. **PT10 E \$3.00**

The Impact of Breastfeeding on Long Term Health Outcomes Worldwide. Naylor A, 1996. An overview of the benefits of breastfeeding. This paper was prepared for presentation at the 4th International Congress of Tropical Pediatrics, Kuala Lumpur, Malaysia, 7 July 1996. 5 pgs. **PT86 E \$3.00**



Nurturing Our Communities: Lessons Learned in Community Outreach in the Latin America and Caribbean Region. Canahuati J and Martin L, Wellstart's Expanded Promotion of Breastfeeding Program, August 1996. Provides a summary of the Breastfeeding Community Support Model developed and tested primarily in Latin America through Wellstart's Expanded Promotion of Breastfeeding Program. Includes lessons learned and recommendations for future programming. 7 pgs. **PT13 E \$2.00**

Improving the Cost-Effectiveness of Breastfeeding Promotion in Maternity Services: Summary of the USAID LAC HNS Study in Latin America. Latin America and Caribbean Health and Nutrition Sustainability (LAC HNS), 1995. This document summarizes the LAC HNS study findings in Brazil, Honduras, and Mexico (1992-1995). The report identifies the status of breastfeeding services in maternity wards of hospitals serving low-income groups and discusses their cost-effectiveness. 12 pgs. **PT70 E \$3.00**

Effectiveness of a Hospital-based Breastfeeding Promotion Program on Exclusive Breast-feeding among Low-Income Women in Brazil. Lutter CK, Perez-Escamilla R, Segall A, Sanghvi T, Teruya K, and Wickham C, Wellstart's Expanded Promotion of Breastfeeding Program, University of Connecticut, University of Campinas (Brazil), John Snow International, Hospital Guillermo Alvaro (Brazil), and University of Washington/Seattle, 1996. Summarizes a prospective comparison of prevalence and rates of exclusive breastfeeding at 30 and 90 days postpartum through home visits for two cohorts: 1) women who delivered at a hospital where a breastfeeding promotion program had been active for over twenty years; and, 2) women who delivered at a nearby hospital without such a program. 15 pgs. **PT72 E \$3.00**

Breastfeeding in Emergency Situations. Wellstart's Expanded Promotion of Breastfeeding Program, 1995. A policy reference on infant feeding in emergency and refugee situations. 2 pgs. **PT60 E \$2.00**

Breastmilk Storage: Review of Literature and Recommendations for Research Needs. Hamosh M, Wellstart's Expanded Promotion of Breastfeeding Program, 1994. This review assesses guidelines for the collection, storage, and feeding of human milk to healthy full-term infants. 30 pgs. **PT40 E \$8.00**

Breastmilk Expression, Storage, and Feeding: A Literature Review. Minchin M, Fernandez A, and Drane D, Wellstart's Expanded Promotion of Breastfeeding Program, 1994. A literature review about the expression, storage, and feeding of breastmilk by women in developing countries. 63 pgs. **PT41 E \$10.00**

Investing in the Future: Women, Work and Breastfeeding. Wellstart's Expanded Promotion of Breastfeeding Program, 1995. This video encourages employers to offer the Time, Space, and Support necessary for mothers to sustain breastfeeding while working. The video uses interviews with breastfeeding mothers and managers in five countries (Guatemala, Philippines, Kenya, Brazil, and the U.S.) to show benefits of supporting breastfeeding in the workplace. Available in PAL and NTSC formats. 16 min. **V01 E \$25.00**

Model Hospital Breastfeeding Policies for Full-term Normal Newborn Infants. Revised 1996. These model hospital policies are designed to help promote a philosophy of maternal and infant care which advocates breastfeeding and supports the normal physiologic functions involved in this maternal-infant process. Sixteen specific policies are outlined and a list of sixty supporting references is included. 5 pgs. **PT87 E \$5.00**



RESEARCH AND ANALYSIS

- Analysis of Hospital Practices and Wellstart Associate Activities: Results from Participation in the Wellstart LME Program.** 1998. A presentation of results from a survey of hospitals before and since teams entered Wellstart's Lactation Management Education Program, including key changes in hospital practices affecting breastfeeding, percentages of mothers following optimal breastfeeding practices, and examples of Wellstart Associate activities in community outreach, communication and social marketing, research, and curriculum development. 8 pgs. PE01
E
\$3.00
- The Impact of Breastfeeding Promotion: Summary of Research Findings from Wellstart Associates and Colleagues.** 1994. Summaries of key results related to the impact of breastfeeding promotion from studies undertaken by Wellstart Associates and colleagues. 8 pgs. RA05
E
\$3.00
- Exclusive Breastfeeding Promotion: A Summary of Findings from EPB's Applied Research Program (1992-1996).** Wellstart's Expanded Promotion of Breastfeeding Program 1996. This is a compendium of executive summaries from each of the thirteen research projects funded through Wellstart's Expanded Promotion of Breastfeeding Program's applied research program. Each answers one of the following questions: What policies and programs are best suited to extend the duration of exclusive breastfeeding? (Mexico, Chile and Uganda) Why do some mothers exclusively breastfeed for the recommended length of time while others do not? (Kenya, Lesotho, Peru, Barbados, Mexico, and the Philippines) What constitutes the optimal length of exclusive breastfeeding during infancy? (Honduras and the Philippines). 67 pgs. RS01
E
\$10.00
- Exclusive Breastfeeding Promotion: A Summary of EPB Qualitative Research on Infant Feeding.** 1996. A compendium of executive summaries from the Expanded Promotion of Breastfeeding Program's qualitative research studies in Kazakhstan, Malawi, Nicaragua, Nigeria, Rwanda, Senegal, and Uganda. These studies detail the infant feeding practices of the particular populations and outlines the beliefs, attitudes, and cultural context bearing on those practices. These documents include the study designs, findings, and recommendations for action based on the findings. The studies serve as a basis for formulating policy and programmatic interventions. 20 pgs. BC01
E
\$6.00
- Kazakstan Breastmilk Study: A Technical Summary.** Lutter CK, Wellstart's Expanded Promotion of Breastfeeding Program; Iyengar V, Biomineral Sciences International, Inc.; Barnes R, University of Massachusetts; Chuvakova T and Kazbekova G, Ministry of Health of Kazakstan; and Sharmanov T, Institute of Nutrition, Kazakstan National Academy of Sciences, July 1996. This report contains the results and analysis of the Wellstart Expanded Promotion of Breastfeeding Program's research in Kazakstan on environmental contamination of breastmilk. 5 pgs. PT32
E
\$2.00

PROGRAM REPORTS

- The Lactation Management Education Experience 1983 - 1998: Accomplishments, Lessons Learned, and Recommended Strategies.** Wellstart's Lactation Management Education Program, 1998. An overview of the Lactation Management Education Program and its objectives and achievements and a summary of accomplishments and results in selected countries, key lessons learned, and needs and recommended strategies. 50 pgs. CO08
E
\$5.00
- Expanded Promotion of Breastfeeding (EPB) Program Final Report (1991-1996).** Expanded Promotion of Breastfeeding Program, November 1996. A summary of the five-year Expanded Promotion of Breastfeeding Program including lessons learned and recommendations for future breastfeeding promotion efforts. Does not include individual country summaries. 22 pgs. CO07
E
\$3.00



REPRINTS

Baby-friendly Hospital Initiative: Protecting, Promoting, and Supporting Breastfeeding in the Twenty-first Century Naylor AJ (2001) *Pediatr Clin North Am* 48(2): 475-483. The Baby-friendly Hospital Initiative (BFHI) is considered one of the most successful international efforts ever performed to protect, promote, and support breastfeeding. This article discusses each of the Ten Steps to Successful Breastfeeding, the policy and procedure statements upon which the initiative is based, and describes the initiative's progress to date. 9 pgs. **PT90 E \$2.00**

Lactation Management Education for Physicians. Naylor A, Creer E, Woodward-Lopez G, and Dixon S (1994) *Semin Perinatol* 18(6): 525-531. This article identifies the knowledge and skills necessary for perinatal professionals to provide sound lactation management, and describes opportunities and strategies for teaching the science and management of lactation to physician trainees in perinatal care. 7 pgs. **OP28 E \$2.00**

Hospital Policies Crucial to Breastfeeding Success. Powers NG, Naylor AJ, and Wester RA (1994) *Semin Perinatol* 18(6): 517-524. This article presents the scientific underpinnings as well as the clinical research data to support each of the 16 interrelated statements of the Wellstart International "Model Hospital Breastfeeding Policies for Full-term Normal Newborn Infants." 8 pgs. **PT89 E \$2.00**

Other Publications available through Wellstart International

MANUALS, GUIDES AND TOOLS

Helping Mothers to Breastfeed, Revised Edition. Savage King F, 1992. This illustrated handbook is intended for health workers who counsel mothers on breastfeeding. It summarizes the most up-to-date information on breastfeeding and is designed to be easily adapted to local conditions. 180 pgs. **9966874046 E \$10.00**

TECHNICAL PAPERS/DOCUMENTS/REPORTS

Protecting, Promoting and Supporting Breast-feeding – The Special Role of Maternity Services. A Joint WHO/UNICEF Statement. World Health Organization, 1982. This statement was prepared to increase the awareness of the critical role that health care services play in promoting breastfeeding, and to describe what should be done to provide mothers with appropriate information and support. It is intended for use by policy-makers and managers as well as by clinicians, midwives and nursing personnel. 32 pgs. **9241561300 E \$5.00**



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