Children’s Books Showing Breastfeeding


Baby Whales Drink Milk. A science type of book that talks about how humans feed their babies milk, just like whales and other mammals.


Baby’s Day, by Sarah Pooley. Published by Peter Bedrick Books in New York. ISBN: 0-87226-443-2. It shows various things the baby does through the day with simple words under each picture. On the last page, as the baby is getting ready for bed, the child is nursed with “milk” written under the picture. There are not bottles or pacifiers in this book. The child does drink out of a sippy cup at meals (typical of an older baby).


The Best Gifts, by Marsha Forchuk Skrypuch, illus by Halina Below, 32 pp. Whiteside Publishers, Markham, Ontario, Canada, 1998


Breasts, by Genichiro Yagyu, Miller Book Publishers, 1999

A Child Is Born, by Lennart Nilsson. Dell, 1990. Text is for adults, but the pictures of developing fetuses and new babies are a good introduction for children.

Contemplating Your Bellybutton, by Jun Nanao. Kane/Miller. Breastfeeding is portrayed as a natural part of a baby’s life.
**The Cuddlers**, by Stacy Towle Morgan, LLLI. “Captures the warmth and love a family experiences when children are drawn into the security of their parents’ bed.” (LLL).


**Gerald the Third**, by Faye Early Young. LLLI, 1977.

**Happy Birth Day!** by Robie H. Harris, illustrations by Michael Emberly, Candlewick Press, 1996
It is written as if a mother is telling a child about the day they were born.


**I Am a Little Giraffe; I Am a Little Hedgehog; I Am a Little Kangaroo; I Am a Little Pig; I Am a Little Whale**, All five above: Francois Crozat, Barron’s Educational Series, 1995-1997 All these are narrated by the baby animal, and all have at least one mention of nursing. In I Am a Little Pig, the mommy pig has more babies than nipples, and the baby pig that tells the story is bottle-fed by the farmer’s daughter, while all its siblings nurse.

**If My Mom Were a Platypus: Animal Babies and Their Mothers.** By Dia L. Michels, Platypus Media, Washington DC, 2001 (www.PlatypusMedia.com)

It has a few human mother/child pairs, but mostly animals. It has all the reasons the child loves the mother. The illustration for the page “because she feeds me” is a nursing sheep and lamb.

**It’s My Birthday**, by Shigeo Watanabe, Philomel Books, 1988. A popular series about a bear and his friends continues with Bear’s fourth birthday. A photo album is his gift from his grandparents, with photos going back to before Bear was born. One photo is of mother bear nursing the newborn baby bear (it’s a big brown bear in pink pajamas with a pink nipple hanging out!)


**Look what I see! Where can I be? In the neighborhood.** By Dia Michels, Platypus Media, Washington DC 2001 (www.PlatypusMedia.com)


Michele, the Nursing Toddler, LLLI No. 253


Only the Cat Saw, by Ashley Wolff. Full-color illus. by the author. Walker and Company, 1996. Nursing is incidental to story of a cat who sees all the activities of a family. Nursing Mom and illustration of a person on a toilet got this book censored in some places.


Over the Green Hills, by Rachel Isadora, Greenwillow Books, 1992. Set in South Africa. Nursing is incidental to story—younger sister is fed several times during story. Good example of baby wearing (toddler really) and extended nursing.

The Pirate Queen, by Emily Arnorld McNully. A book for older children or read-aloud book, with a wonderful illustration of a nursing mother.


**A Teeny Tiny Baby,** by Amy Schwartz. Full-color illus. by the author. 32 pp. Orchard Books, 1994. It’s “told by” the newborn (“I am a teeny tiny baby. Mom and Dad cater to my every need.”) and one sequence shows the mother nursing in many different locations in the house, ending up with a scene of her nursing in the middle of the night with all the lights off but where she is.


**We Have A Baby,** by Cathryn Falwell. Full-color illus. by the author. Clarion Books, 1993. Shows a family with a new baby in a very nurturing way. Each page is “a baby to xxx” (hold, bathe, love, feed, etc.)--the “feed” page shows the mom nursing the baby while snuggling with the older child.


**Welcoming Babies,** by Margy Burns Knight. Full-color illus. by Anne Sibley O’Brien. 38 pp. Tilbury House, 1994. A wonderful multicultural book for children about different traditions around the birth of new babies. Depicts twins, a baby in an incubator, and an adopted baby. It does show a father giving a bottle to a new baby with no mention of the mother, so perhaps he is a single father. There is a lovely drawing of a mom sitting of the ground nursing her baby (in Maine) while the dad and older sibling dig a hole to plant a tree for the new baby.


Thanks to the following for contributing to the list, which was originally compiled by Amy F. Robison and edited by Sue Ann Kendall: Anne Altshuler, Sarah Augustine, Katherine Dettwyler, Elizabeth Gene, Cheryl Gowing, Theresa Gutsch, Jessica Hazlewood, Beth Hilleke, Lulu Huber, Jill Levien, Miriam London-Hinman, Kathryn Oliver-Garnett, Orhan Orgun, Cynthia D. Payne, Aimee C. Robbins, Sue Rericha, Sara Solnick, and Lori Thompson.

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