

STFM RoundTable: New Physician Moms Resource List  
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**Facebook Physician Mom Groups**

- Dr. MILK (Mothers Interested in Lactation Knowledge)
- PMG BLW (Physician Moms Group on Baby Led Weaning)
- Gentle Parenting Physician Moms
- No Drama Doctor Mamas
- Physician Moms in Family Medicine
- Physician Moms Group (PMG)

**Lactation Resources**

- **Books**  
The Womanly Art of Breastfeeding by Diane Wiessinger, Diana West, Teresa Pitman
- **Websites**  
[Dr. Milk](#)  
[Infant Risk Center](#)  
[Kelly Mom](#)  
[D-MER](#)
- **Special Topic Handouts & Articles**  
[Magic Number & Long Term Milk Production - Mohrbacher](#)  
[For The Caregiver of the Breastfed Baby - Avoiding Overfeeding](#)
- **Videos**  
[Paced Feeding](#)  
[Good Drinking](#)  
[Maximizing Pumping Output](#)  
[Hand Expression](#)
- **Podcasts**  
[The BadAss Breastfeeding Podcast](#)  
[Breastfeeding Medicine Podcast](#)  
[All About Breastfeeding](#)

**Books about Motherhood/Transitions**

- The \$h!t No One Tells You: A Guide to Surviving Your Baby's First Year by Dawn Dais
- The Myth of Motherhood: How Culture Reinvents the Good Mother by Shari L. Thurer
- Living Beautifully with Uncertainty and Change by Pema Chodron

**Books about Baby's Sleep**

- Healthy Sleep Happy Baby by Marc Weissbluth MD
- The No-Cry Sleep Solution by Elizabeth Pantley
- Solve Your Child's Sleep Problem by Richard Ferber, MD

**Books about Child's Health, Development, Well being**

- The Happiest Baby on the Block by Harvey Karp, M.D.
- Caring for your Infant and Young Child; Birth to Age 5 by Steven Shelov, MD
- Baby 411 by Ari Brown, MD
- Mayo Clinic Guide to Your Baby's First Year by Mayo Clinic

- Self Reg by Stuart Shanker, PhD
- The Whole Brain Child by Daniel J Siegel, MD & Tina Payne Bryson PsyD

**Books Misc**

- Baby Bargains by Denise & Alan Fields