



Ziora's Quest
Mommmy's Milk
Rocks!

Media Kit 2022

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*Have you ever wanted something reeeeaally badly?
...but what you got wasn't quite what you expected?*

Ziora wished for a baby sister for a long time,
but now her little sister just wants to breastfeed.

What's the big deal about breast milk anyway?
Join Ziora as she explores the amazing world of Milky White
and learns the true power and super fun facts about breast milk!

Nursing moms will find "*Ziora's Quest: Mommy's Milk Rocks!*"
a refreshing read that will endear them even more to their children.

It's a book for children who wished for a new sibling,
but feel disappointed when the baby takes so much of Mama's time.

Dr. Amaka Nnamani, board-certified pediatrician, Breastfeeding Coordinator
for the Pennsylvania chapter of the American Academy of Pediatrics (AAP)
and breastfeeding advocate, skillfully narrates the benefits of breastfeeding.

The first of its kind, this story of a six-year-old "new big sister" is
entertaining, educational and appropriate for children and adults.



CURRENT FORMATS AVAILABLE



Hardback



Paperback



E-Book



“

As more families today are choosing breastfeeding for their babies, it is so important to teach children about it in ways that do not carry stigma or harm.

“Ziora’s Quest: Mommy’s Milk Rocks” is a fun and imaginative journey to help children learn about breastfeeding.

It is a wonderful book which shows kids that breastfeeding is normal, healthy, and beneficial.

I **highly** recommend it!

”

— Dr. Rose St. Fleur, MD

*AAP’s Section on Breastfeeding Executive
Committee Chief Chapter Breastfeeding Coordinator*



MEET THE AUTHOR



Dr. Amaka Nnamani, MD

is a general pediatrician residing in Hershey, PA.

She is a very passionate breastfeeding advocate, Chapter Breastfeeding Coordinator for the PA AAP (American Academy of Pediatrics), and moderator for the “DR. MILK” Facebook group, an exclusive online community for female physicians that breastfeed and/or are interested in learning about lactation.

She was one of the 2022 AAP’s Section on Breastfeeding abstract reviewers for the AAP’s National Conference and Exhibition (NCE), which will be held in October 2022.

Additionally, she is a two-time breastfeeding grant recipient. The grants were aimed at improving breastfeeding rates, especially in the young and black community.

She is a member of the Pennsylvania Breastfeeding Coalition and has recently completed a Breastfeeding Policy course organized by the Association of State and Territorial Health Officials (ASTHO).

Her children’s picture book on breastfeeding will be launching on August 27 for National Breastfeeding Month/Black Breastfeeding Week. It is written from the point of view of a six-year-old big sister.

She is blessed to have breastfed all three of her children and is still nursing her two-year-old son, who is showing signs of slowing down.

In her spare time, she loves to spend time with her supportive husband of twelve years and her three beautiful children.

The spa and the beach are her happy places. She also loves to read biographies/autobiographies, travel, dance, watch comedies, and shop!

Your bio states that you were born in the US, raised in Nigeria, and are a pediatrician here in the US. What impact has your background had on you?

I was born in Houston, TX and moved back to Nigeria where I lived until I was about sixteen years old. I moved back to the US in 2001 with my younger sister and we started college shortly afterwards. I will be honest in saying that our return to the U.S. was mostly uneventful and I do not remember having adverse experiences.

We went to a pretty diverse college - George Mason University in Fairfax, VA (shout out to all my Patriots!). College was great, and my first job in the US was a Chemistry tutor. I absolutely loved it! That has everything to do with the fact that my parents realized the importance of a great education and invested in that from Day 1 - for my siblings and I! I am forever indebted to them. That investment has spurred and ignited my continued passion for early childhood education, and education as a whole.

I always say that education is a leveler, because a great education gives you a great start in life and overrides your economic background. My greatest advice to parents would be to invest in the education of your child, and create a passion in them for learning. They (and you) will reap the fruits of your investment.



How long have you been a pediatrician, and do you have any specific interests?

I am a board-certified pediatrician and graduated from residency in 2014. I have been in practice since then. I have worked in PA for most of my medical career (after living and practicing in Nigeria for two years).

I love that I get to work with children and adolescents and be kind, silly, and excited everyday. I have quite a few clinical interests. I alluded to one of them in my earlier response and that is early childhood education.

I am also passionate about child advocacy, and child development. I really believe in mentoring children to be the best version of themselves no matter their economic situations, so that they can rise above adversity.

My current, most pressing clinical interest is breastfeeding. So, I decided to write a book about it!



You are a first-time author. Why did you choose to write a book now?

You know, I was never one of those that 'always wanted to write a book'. Though I come from a family of writers (three of whom are also engineers), but I never considered myself a writer. My creativity has always been expressed through my clothing, instead - something I get from my mom.

After quitting my full time job as an outpatient pediatrician last December, I decided to explore other aspects of myself. Quitting my job was one of the most difficult decisions I had to make because I absolutely loved my patients and co-workers.

However, I did not enjoy the bureaucracy of Medicine in this age. I also wanted to be able to be fully present as a wife and mom to my three children.

Writing was therefore the first aspect of myself that I decided to explore. I took a nonfiction class offered by Gale through my public library. Naturally, as a pediatrician, I was drawn to children's books, but had to decide what age group to write for. Shortly after that writing class, I took a five-day Children's Writing Workshop/bootcamp after which I wrote my first draft in late February.

That decision has led me to this moment.



Why did you choose a children's book on Breastfeeding?

I enjoy reading to my children and absolutely love the bonding and learning that takes place when we read together. Picture books are so fun to read!

I chose Breastfeeding because it is one of my passions. I realized that my daughters (who are now 10 and 8 years old) did not really know what formula is. Seeing me breastfeed is the norm for them. Unfortunately, this realization led me to recognize that a lot of children in the area where I practiced (a rural area) were used to seeing formula being fed to their baby siblings.

I remember the first time I told my ten-year-old daughter that I wanted to write a children's book on breastfeeding. Her response was, 'No offense Mom...but why do kids wanna know about breastfeeding? I get why kids want to learn about eating vegetables and brushing their teeth but why should they care about breastfeeding?' As you probably already figured out, I have a very sharp daughter whose questions always motivate me to think more deeply.

I honestly did not have the perfect answer to her question at the time but I delved deep and a few days later, I had the answer. I want to normalize breastfeeding, I want to empower our young girls to grow up knowing that breast milk is best for their babies when they become mommies someday and I wanted to do this while entertaining our young readers.

Studies show that children learn best when they are having fun doing it. This basically led me to my 'Why' which I summarize as the 3 Es: Empower, Educate, Entertain.



Why did you choose to self-publish?

I chose to publish for a few reasons. I wanted to have total ownership of my rights. I also did not want to go through the emotional rollercoaster of getting rejections from editors and finally, I wanted to be able to publish my book by National Breastfeeding Month this year.

Going the traditional route would have taken too long for me. I'd also like to note that the timing of my book is perfect this year.

A few things have happened since I wrote my manuscript. There was the formula crisis which was indeed sad but also an opportunity for pregnant and future moms to strongly consider breastfeeding as the source of nutrition for their child.

The AAP also updated its Breastfeeding Policy statement to be congruent with recommendations by the WHO and AAFP- encouraging breastfeeding until two years of age and beyond as mutually desired by Mom and baby.



What makes your book stand out?

There is no children's book on this subject like mine!

I did a lot of research over the course of writing my book. My local library's children's librarian was very instrumental in helping me find most (if not all) the children's books written on breastfeeding.

I found that most of the children's books on breastfeeding are board books and/or written for three to five year old children.

My target audience is aged five to eight years old, so my book is a more descriptive and in-depth conversation about breastfeeding.

More directly, the cover of my book shows a Black mother breastfeeding her baby - something that is, sadly, rarely seen on book covers.



What inspired your book and how did you get the ideas?

My book was largely inspired by my children. I have been lucky to have breastfed all three of my children. A big inspiration for my book was my now eight-year-old daughter who has a sweet personality. She was five years old when she wished for a baby brother for over a year-during prayers, she would ask God why He was not answering her prayers.

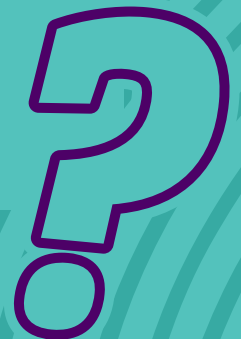
She felt bad for her dad, my husband because she felt that he needed a boy since it had been me and our two girls. After listening to these prayers several times, my husband and I figured it wouldn't hurt to ignite our little girl's faith in God by granting that wish. We were truly overjoyed when we found out that we were gonna have a boy. We told the girls on Christmas Day of 2019 that they were going to be big sisters.

My ten-year-old daughter is an avid reader and quite the critic! We co-wrote this book. She is actually more imaginative than I am and a lot of the creative/magical ideas were hers. She wrote the first draft for the book while I was making mac and cheese for dinner on a cold February night. I have a snapshot of it on my website!

Shortly after that, I had a weekend conference about an hour away from home and decided to spend the night. The morning after at about 7am, I had the vision for the book and wrote down my complete first draft. I just let the ideas flow.

It helped that I had signed up for a Picture Book Writing bootcamp days later and I needed to start the bootcamp prepared with a draft. I cleaned up my draft during the bootcamp and had a full manuscript done in a week. This was then followed by rounds and rounds of editing.

The actual facts talked about in the book were from my knowledge base as a pediatrician, Chapter Breastfeeding Coordinator, and mom.



What impact do you hope your book has?

I hope that this book helps to normalize breastfeeding.

I hope that my book starts conversations around breastfeeding between parents and their children on the beauty and benefits of breastfeeding.

I especially would like for us to talk more about increasing the breastfeeding rates for black/African American women. According to the CDC, “Fewer non-Hispanic Black infants (75.5%) are ever breastfed compared with Asian infants (92.4%), non-Hispanic White infants (85.3%) and Hispanic infants (85.0%); infants eligible for and receiving the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) are less likely to ever be breastfed (76.9%) than infants eligible, but not receiving WIC (83.3%), and infants ineligible for WIC (91.6%); younger mothers aged 20 to 29 years are less likely to ever breastfeed (81.2%) than mothers aged 30 years or older (85.9%).” *[Facts | Breastfeeding | CDC- for reference]*

I also hope to empower young girls to breastfeed when they grow up and become moms themselves. In addition, I hope that my book is used as a tool to educate young children.

This will be a perfect fusion of my passion for early childhood education and breastfeeding.

I hope that the legacy that I leave for educating and empowering young children outlives me.



How can we get a copy or copies of your book?

It is available on Amazon and Ingram Spark, in major bookstores, independent bookstores, as well as in libraries, and on my website.

If you are in the Hershey area, it is also available in some doctors' offices, dentist's offices, the spa, local bookstores and boutiques.



CONTACT & DISTRIBUTION INFORMATION

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“Ziora’s Quest: Mommy’s Milk Rocks!”

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