

Breastfeeding Resource List

General Breastfeeding Information

- Kelly Mom <http://kellymom.com/>
- La Leche League <http://www.llli.org/>
- American Academy of Pediatrics <https://www.healthychildren.org/>
- Jack Newman and the International Breastfeeding Centre <http://www.nbci.ca/>
He also has a Facebook page that is very educational and contains personal stories and case studies.
- March Of Dimes <http://www.marchofdimes.org/baby/breastfeeding-is-best.aspx>
- Infant Risk Hotline (takes questions about mothers milk and medication) Hotline number Mon.-Fri. 8am-5pm 1(806)352-2519 or <http://www.infantrisk.com/>
- Dr. Jenny Thomas, MD, MPH, IBCLC, FAAP, FABM
<http://www.drjen4kids.com/>
- MyPlate for Breastfeeding:
<https://www.choosemyplate.gov/moms-pregnancy-breastfeeding>

Returning to Work, Pumping, and Bottle Feeding

- Hand Expression - from Stanford School of Medicine
 - <https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>
- Maximizing Milk Production with Hands on Pumping - from Stanford School of Medicine
 - <https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>
- Balancing Breast and Bottle, a book by Amy Peterson and Mindy Harmer
 - <http://www.breastandbottlefeeding.com/>
- <http://workandpump.com/>
- Working without Weaning: A Working Mother's Guide to Breastfeeding, a book by Kirsten Berggren, PhD, CLC
- Information on a nursing mother's rights in the workplace and filing a complaint – U.S. Department of Labor <https://www.dol.gov/whd/nursingmothers/> or call 1(866)487-9243 for free, confidential help.

Help with Breastfeeding Challenge

- Mothering Multiples book by Karen Gromada
 - <http://www.karengromada.com/>
- Breastfeeding after Breast and Nipple Surgeries book by Diana West
 - <http://www.bfar.org/>

Breast Pump Manufacturer Websites (the most recommended brands)

- Ameda <http://www.ameda.com/>
- Hygeia <https://hygeiainc.com/>
- Medela <http://medelabreastfeedingus.com/>
- Spectra <http://www.spectrababyusa.com/>