



**IABLE**  
Institute for the Advancement  
of Breastfeeding &  
Lactation Education



# Educational Resources for Families

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## Basic Breastfeeding Information

<http://www.dhs.wisconsin.gov/health/nutrition/breastfeeding/bfeduccards.htm>

Breastfeeding Education Cards from the Wisconsin Department of Health Services-Free, and can be printed and distributed to families

<http://www.womenshealth.gov/publications/our-publications/breastfeeding-guide/BreastfeedingGuide-General-English.pdf>

Your Guide to Breastfeeding- U.S. Department of Health and Human Services Office on Woman's Health- this is a 48 page free comprehensive guide on breastfeeding for families

The National Breastfeeding Helpline 1-800-994-9662

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html> - Free web videos from Stanford School of Medicine on how to do manual expression with and without a pump

[www.breastfeedingusa.com](http://www.breastfeedingusa.com) - The mission of Breastfeeding USA is to provide evidence-based breastfeeding information and support, and to promote breastfeeding as the biological and cultural norm.

[www.llli.org](http://www.llli.org) – La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education information, support, and encouragement to women who want to breastfeed.

Wiessinger D, West D, Pitman T. La Leche League The Womanly Art of Breastfeeding 8th edition Ballantine Books

Mohrbacher N, Kendall-Tackett K, Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers 2010 New Harbinger Publications Oakland CA

Thomas J, Holewa L, Dr. Jen's Guide to Breastfeeding 2012 Hale Publishing, Amarillo TX

Neifert, M. Great Expectations: The Essential Guide to Breastfeeding 2009 Sterling Publishing

Kendall—Tackett,K. Hidden Feelings of Motherhood, 2nd Edition 2005 Pharmasoft Publishing

Klaus, MH, Klaus P. Your Amazing Newborn Da Capo Press 2000

Spangler A, Adams Rivera C. Breastfeeding: A Parent's Guide, 9th Edition

Huggins, K The Nursing Mother's Companion 6th Edition 2010 Harvard Common Press

Meek, JY, Yu W. The American Academy of Pediatrics New Mother's Guide to Breastfeeding 2011, Bantam 2nd Edition

Huggins, K, Ziedrich, L. The Nursing Mother's Guide to Weaning Boston, MA; Harvard Commons Press 2007

## **Back to Work**

[www.parentingatwork.org](http://www.parentingatwork.org) The Parenting in the Workplace Institute

<http://www.womenshealth.gov/breastfeeding/going-back-to-work/index.html>.- U.S. Dept of Health and Human Services Office on Women's Health website on breastfeeding

## **Breastfeeding Problems**

[www.lowmilksupply.org](http://www.lowmilksupply.org)- a wonderful resource for information on low and high milk supply.

[www.bfar.org](http://www.bfar.org)- a website that provides information on breastfeeding after breast reduction

<https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm> - U.S. National Library of Medicine Toxicology Data Network Lactmed (free database on medications during nursing)

[www.healthychildren.org](http://www.healthychildren.org) – The American Academy of Pediatrics website for parents, touching on several common problems with breastfeeding.

West D., Marasco L, The Breastfeeding Mother's Guide to Making More Milk. New York, NY: McGraw Hill 2009

[www.reflux.org](http://www.reflux.org)- A nonprofit website dedicated to providing information and support for families who have a baby with gastroesophageal reflux

[www.postpartum.net](http://www.postpartum.net) – a nonprofit dedicated to postpartum depression and support

<http://www.mobimotherhood.org>– a nonprofit dedicated to helping mothers overcome breastfeeding issues.

[www.asklenore.info](http://www.asklenore.info) –a website with information for women who are adopting or need to induce lactation.

[www.infantproctocolitis.org](http://www.infantproctocolitis.org) - a website with information on breastfeeding a baby who has proctocolitis (blood and mucous in the stools)

## **Social Support for Breastfeeding**

[www.bestforbabes.org](http://www.bestforbabes.org) - Best For Babes- A social marketing website to help break cultural barriers to breastfeeding

[www.zipmilk.org](http://www.zipmilk.org)- a website that helps families find lactation support in their geographic region.

## **Children's Books about Breastfeeding**

<http://www.mothering.com/community/a/25-childrens-books-that-depict-breastfeeding>