

# Breastfeeding Resources

**La Leche League:** The mission of La Leche League is “To help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother”. You can find additional information and even find local group meetings and events.

[www.llli.org](http://www.llli.org) or locally: [www.llofmdas.org](http://www.llofmdas.org)

**Kellymom:** Kelly mom is a website maintained by an Internationally Board Certified Lactation Consultant (IBCLC). It provides evidence-based information on breastfeeding and other topics related to infant and child development and care. [www.kellymom.com](http://www.kellymom.com)

**Nancy Mohrbacher:** Nancy is an author, breastfeeding guroo and IBCLC. Her website offers helpful information on breastfeeding, resolving complications and instructional videos. [www.nancymohrbacher.com](http://www.nancymohrbacher.com)

**New Beginnings:** La Leche League’s bi-monthly magazine. It shares the personal experiences of other breastfeeding mom and includes helpful information to help with breastfeeding success.

[www.llusa.org/new-beginnings](http://www.llusa.org/new-beginnings)

**Low Milk Supply:** A website that offers information and support to women who are experiencing low milk production. [www.lowmilksupply.org](http://www.lowmilksupply.org)



**Department of Health and Human Services:** A website created by the federal government to provide information on women’s health, including breastfeeding. It offers information on government programs to help breastfeeding mom’s as well as breastfeeding resources.

[www.womenshealth.gov](http://www.womenshealth.gov)

**Breastfeeding Inc. :** A website created by Dr. Jack Newman to provide breastfeeding information, including information sheets and videos.

[www.breastfeedinginc.ca](http://www.breastfeedinginc.ca)

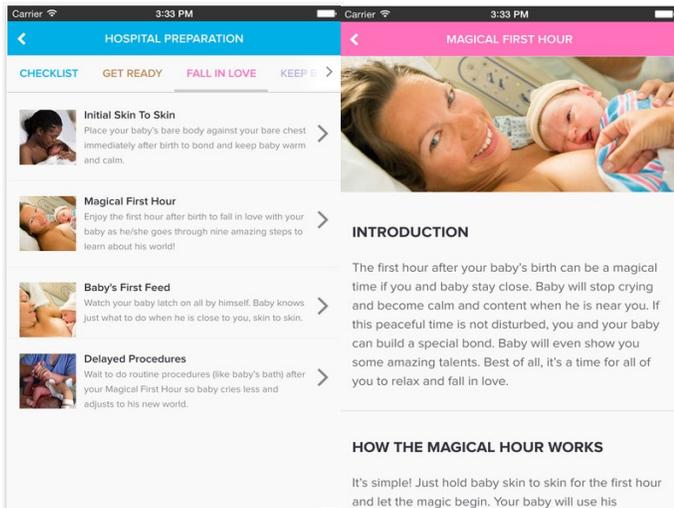
**Work and Pump:** This website gives guidance for balancing breastfeeding with working. It provides information on pumping at work maintaining, milk storage, and how to deal with common difficulties. [www.workandpump.com](http://www.workandpump.com)

**Breast and Nipple Surgery:** This website provides information on breastfeeding after breast and nipple surgery. It offers information and help on increasing milk production. [www.bfar.org](http://www.bfar.org)

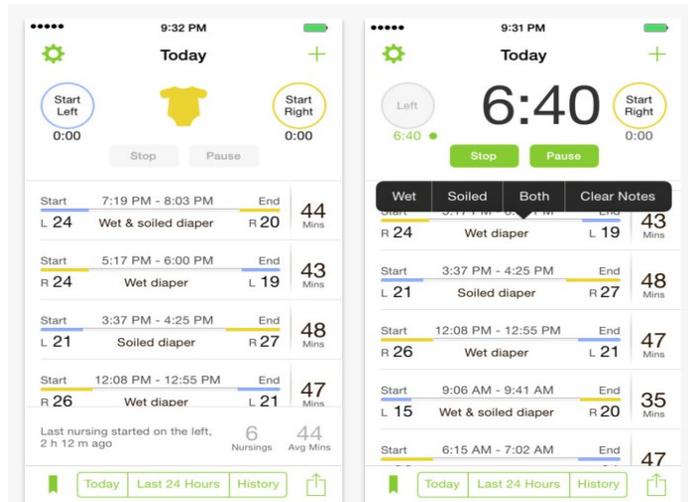


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# There's an App for That

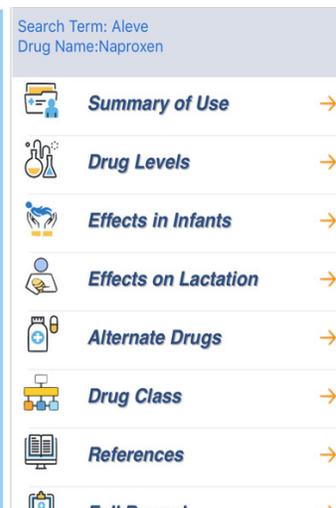


**Coffective App:** This app will help prepare you for what to expect at the hospital, give you information on how to breastfeed successfully and help you include your partner and family in your journey. Available for Android and iPhones on Google Play and I-Tunes App Store. Cost: Free



**The Nursing Log (above):** Simple and easy to use. This App keeps track of the time since last nursing start or end as well as the last side baby nursed on. Features options to record wet and dirty diapers and make notes about feedings. Available for iPhones on I-Tunes App Store. Cost: FREE

**My Medela (above):** Receive personalized content and guidance to help you be successful with breastfeeding. This app includes the ability to track feedings as well as pumping sessions. You can also review your baby's growth and development. You'll also have access to answers regarding common breastfeeding questions. Available for Android and iPhones on Google Play and I-Tunes App Store. Cost: Free



**LactMed:** Provides information on drugs and dietary supplements that may affect breastfeeding. Where appropriate it provides alternative supplements or drugs to consider. Available for Android and iPhones on Google Play and I-Tunes App Store. Cost: Free