



## Breastfeeding Resources



Breastfeeding moms have a greater chance of success meeting their breastfeeding goals if they surround themselves with a solid support network. This network includes your partner, family, friends, doctors and lactation specialists. We have included information and resources you can tap into while you are nursing. Whether you are experiencing a challenge, have a question, or are just seeking breastfeeding support, the following resources are a great way to help supplement your support network during your breastfeeding journey.

### **Find a Lactation Consultant**

[www.ilca.org](http://www.ilca.org) (International Lactation Consultants Association) – You can search this worldwide site by using the “Directories” page to be connected to a Certified Lactation Consultant in your area.

**Local hospital or birthing center** – Check with the hospital or center where you gave birth and inquire about lactation services. Most will have Certified Lactation Consultants and/or a Breastfeeding clinic onsite.

**Local breastfeeding centers** – Perform a google search in your area for “breastfeeding support in (your city name)”.

**Pediatric Groups** – Some pediatric offices staff certified lactation consultants. Check to see if this is available at your office.

### **Breastfeeding support (Free or low cost support)**

**La Leche League** (<http://www.llli.org/>) – This worldwide breastfeeding organization offers nursing moms free group meetings run by trained La Leche Leaders who provide support to breastfeeding moms. Search their site for groups in your area.

**Local birthing center, hospitals, breastfeeding centers, county centers for low-income families** – Many of these offer services and provide free or low-cost breastfeeding support to nursing moms.



*The information and advice on the Gentle Baby Solutions' site and handouts should not substitute for the advice of your family doctor or other trained healthcare professionals and is not intended to diagnose or treat your child. The content may not be relevant for children with health or developmental problems. Never disregard professional medical advice or delay in seeking it because of something you have read on this site.*

### **Online Breastfeeding Support**

<http://www.breastfeeding.com/> – A wonderful breastfeeding website filled with useful information. The site includes hundreds of photos of breastfed and breastfeeding babies as well as instructional videos that can be extremely helpful to mothers. If you are seeking answers to a breastfeeding-related question, the site also contains an informative Question and Answer section.

<http://www.llli.org/> (La Leche League) – This organization has been around since the 1950's and advocates for breastfeeding mothers worldwide. LLL's Resources Page contains helpful links to current breastfeeding information, connection to La Leche League Leaders and support groups in your area, an Ask a Question page, a Breastfeeding Guide, Podcasts, and Forums.

<http://kellymom.com/> - This website is a favorite amongst breastfeeding moms. It was created by International Board Certified Lactation Consultant, Kelly Bonyata, who has been helping breastfeeding mothers since 1997. Her site is filled with current and evidence-based information on everything related to breastfeeding. It's a great resource!

<http://breastfeedinginc.ca/> - Dr. Jack Newman is a pediatrician and breastfeeding expert passionately devoted to helping nursing moms and babies. His website is packed with many breastfeeding video clips, handouts that help with positioning and latch, as well as lots of useful tips around breastfeeding.

### **Medications & Breastfeeding**

Below are wonderful sites that mothers can use to evaluate what medicines are safe to use while breastfeeding.

**LactMed** (<http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>) – A US-based online database that allows you to search by medication and receive information about their safety during breastfeeding. This site also has an App parents can download on their smartphones.

**The InfantRisk Center** (<http://www.infantrisk.com/>) - Dr. Thomas Hale, a leading expert and author of "Medications and Mother's Milk" operates a telephone helpline (**1-806-352-2519**) that provides information on medication use during pregnancy and breastfeeding.

**MommyMeds App.** – Dr. Thomas Hale's smartphone app that provides moms with a barcode-scanning feature that you can use to check the safety of medications.

**MotherRisk** – (<http://www.motherisk.org/women/index.jsp>) The Hospital for Sick Children in Toronto, Canada operates this website that contains information on medication use during pregnancy and breastfeeding. They also have a telephone helpline. (**1-877-439-2744**)



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**Drugs-in-Breastmilk** (<http://www.breastfeedingnetwork.org.uk/drugs-in-breastmilk.html>)

A telephone helpline created by The Breastfeeding Network (UK) to assist mothers who need information on medication and breastfeeding. (0844 412 4665)

**Breastfeeding Books**

There are many great breastfeeding books currently on the market. Below are a few staples to keep on your bookshelves.

**I Make Milk – What’s Your Superpower? The Ultimate Breastfeeding Guide**

By Jennifer Ritchie, IBCLC

**Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers**

By Nancy Mohrbacher, IBCLC & Kathleen Kendall-Tacket Phd, IBCLC

**Breastfeeding Solutions: Quick Tips for the Most Common Nursing Challenges**

by [Nancy Mohrbacher IBCLC FILCA](#)

**The Breastfeeding Mother's Guide to Making More Milk**

By [Diana West](#) & [Lisa Marasco](#)

**Medications and Mothers’ Milk**

By Thomas Hale, PhD



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