

# **BREASTFEEDING/HUMAN MILK FEEDING RESOURCES/LINKS**

## **Breastfeeding /Human Milk Feeding Organizations**

- ☼ International Lactation Consultant Association <https://ilca.org/>
- ☼ La Leche League <https://llli.org/>
- ☼ American Academy of Breastfeeding Medicine <http://www.bfmed.org/>
- ☼ American Academy of Pediatrics <https://www.aap.org/>
- ☼ Infant Risk Center <https://www.infantrisk.com/>
- ☼ Wisconsin Association of Lactation Consultants <https://www.walc.net/>

## **General Breastfeeding Handouts/Articles**

- ☼ Lactation Education Resources <https://www.lactationtraining.com/resources/handouts-parents>
- ☼ Kellymom <https://kellymom.com/>
- ☼ Dr Jack Newman's Handouts <https://ibconline.ca/information-sheets/>
- ☼ Institute for the Advancement of Breastfeeding & Lactation Education Handouts <https://lacted.org/iabile-breastfeeding-education-handouts/>
- ☼ WIC Breastfeeding Handout <https://wicbreastfeeding.fns.usda.gov/breastfeeding-101>
- ☼ Healthy children.org <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/default.aspx>
- ☼ Australian Breastfeeding Association: Breastfeeding twins, triplets, and more! <https://www.breastfeeding.asn.au/resources/breastfeeding-twins-triplets-or-more>
- ☼ La Leche League: Transgender and Non-binary Parents <https://llli.org/breastfeeding-info/transgender-non-binary-parents/>

## **Breastfeeding Videos**

- ☼ Global Health Media: Breastfeeding videos <https://globalhealthmedia.org/topic/breastfeeding/>
- ☼ Jessica Barton IBCLC; Improving Latch by Improving Position <https://www.youtube.com/playlist?list=PLZAetHSBnOoHujidgcCzFwoSGd2YPXYp1>
- ☼ WIC: Breastfeeding in Public <https://wicbreastfeeding.fns.usda.gov/video-breastfeeding-public>
- ☼ Stanford Medicine: Successful Breastfeeding Begins at Birth <https://med.stanford.edu/newborns/professional-education/breastfeeding/breastfeeding-in-the-first-hour.html>
- ☼ Gabriel Sainhas: How to Latch a Baby Using the Exaggerated Lath Technique You Tube
- ☼ Nancy Morhbacher IBCLC: Natural Breastfeeding How-Tos [https://www.youtube.com/playlist?list=PLpJt\\_90JhxxPJ6wQ-6VNggkqw0aWCfRD3](https://www.youtube.com/playlist?list=PLpJt_90JhxxPJ6wQ-6VNggkqw0aWCfRD3)
- ☼ Jessica Barton, IBCLC: Paced Bottle Feeding For the Breastfed Baby You Tube
- ☼ Evonne Smith, IBCLC: Intuitive Bottle Feeding for Breastfed Babies You Tube

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**Cira Lactation Consulting Services**

Mobile: 414-758-1557

carol.cira57@ciraLCS.com