

# **Breastfeeding Resource Guide**

**Best Fast Food / Le Mejor Comida Rapida**  
**Mother's Milk                      La leche de materna**

**Hop-A-Lot's First Steps to Fitness**  
Dianne Warren / Oasis Publications

Deciding to breastfeed a child makes an important difference in both the child's and the mother's lives. Each will benefit through improved health and a closer emotional relationship. The whole family can participate by encouraging and praising the mother, helping with chores and errands and making sure the mother gets the professional help she needs to be successful.

**Best Fast Food / Le Mejor Comida Rapida** is a bilingual book that outlines the reasons why the natural act of breastfeeding is important to mothers, their children, their families, society and the environment.

There is a wealth of information available to anyone considering breastfeeding....from your local neighborhood and family to international organizations.

Following will be a list of references and resources to help you in your efforts to do what comes naturally.

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### **1. At Home**

When deciding to breastfeed, relatives, friends and neighbors have a wealth of information and personal experiences to share. Choose wisely when seeking information from those close to you. Stories will run the gamut from bliss to blunders, so make sure you balance that input with professional advice.

## **2. Local Agencies**

- **Your Doctor:**

Make sure you tell your doctor you would like to breastfeed. He/She will put you in touch with those in the office, hospital or local community that will be able to answer questions, provide counseling and support you in your efforts.

- **WIC:**

Women, Infants and Children is a government supported nutrition and breastfeeding program that provides supplemental foods, health care referrals and nutritional education to low-income pregnant, breastfeeding and non-breastfeeding postpartum women and their children up to age 5.

“Google” **WIC** and you will find links to your state and local agencies. Also check your local Health Department for information.

- **La Leche League:**

“Google” La Leche League with your city/state to find local meetings where you’ll get information and encouragement from mothers just like you who will help you and your child have a successful breastfeeding experience.

### **3. National Organizations**

There are really too many options to list all of them regarding breastfeeding and new mothers. “Google” breastfeeding, infant care, new mothers or other related subject areas and be prepared to be amazed.....

- **National Alliance for Breastfeeding Advocacy** ([www.naba-breastfeeding.org](http://www.naba-breastfeeding.org)) promotes, protects and supports breastfeeding as a key component in wellness for the United States.
- **Nursing Mothers Counsel** ([www.nursingmothers.org](http://www.nursingmothers.org)) offers support, information and links for nursing mothers.
- **Moms4Milk** ([www.Moms4Milk.org](http://www.Moms4Milk.org)) uses research to support breastfeeding and offers abstracts, FAQ, resources, links and articles.
- **Promotion of Mother’s Milk** ([www.promom.org](http://www.promom.org)) has message boards, articles and advice for breastfeeding mothers.

- [www.babycenter.com](http://www.babycenter.com) offers a wealth of information on all areas of motherhood offering advice to merchandise.
- **American Academy of Pediatrics** ([www.aap.org](http://www.aap.org)) Click on **Breastfeeding** under **Children's Health Topics** for information on all aspects of breastfeeding and a list of resources.
- **The United States Breastfeeding Committee** ([www.usbreastfeeding.org](http://www.usbreastfeeding.org)) is made up of 41 governmental, professional and educational organizations that support and promote every woman's right to breastfeed. Get current information on breastfeeding in public and the workplace.

#### **4. International Organizations:**

- **La Leche League International** ([www.llli.org](http://www.llli.org)) is a worldwide mother-to-mother effort that supplies information, encouragement, support and education to mothers everywhere on all facets of breastfeeding.
- **International Alliance for Breastfeeding Action** ([www.waba.org](http://www.waba.org)) makes sure all women have the right to breastfeed.

- **Wellstart International** ([www.wellstart.org](http://www.wellstart.org)) is a non-profit organization focusing on getting the best nutrition available to babies and mothers.
- **Linkages Project** ([www.linkagesproject.org](http://www.linkagesproject.org)) is a worldwide effort to show that exclusive breastfeeding is desirable and achievable and documents what works at the local level.
- **Biological Nurturing** ([www.biologicalnurturing.com](http://www.biologicalnurturing.com)) is a neurobehavioral approach to breastfeeding initiation used in France and England that increases breastfeeding through improved latch-on rates. Check out the “laid-back” maternal postures which awake natural behaviors that stimulate breastfeeding.

## **5. Nutritional Guidelines**

- **Your Doctor:** Make sure you ask your doctor for nutritional advice for your pregnancy and breastfeeding needs.
- **WIC** (“google” WIC and your state for contact information). WIC (Women, Infants, Children) is a government supported nutrition and breastfeeding agency that supplies food supplements, health care referrals, nutritional and breastfeeding information to low income pregnant, breastfeeding or non-

breastfeeding postpartum women and their children up to age 5.

- **MyPyramid Plan for Moms** ([www.MyPyramid.gov](http://www.MyPyramid.gov))  
Click on “**MyPyramid for Moms**” then click on “**Breastfeeding-Nutritional Needs**” for information. Click on “**MyPyramid Menu Planner**” for personalized nutritional information.
- [www.babycenter.com](http://www.babycenter.com) Scroll down under **Contact Us** and click on **Diet for a healthy breastfeeding mom**. Under **Highlights** click on **Daily food and meal plans for breastfeeding moms**. Scroll down to **Check here for a chart and sample meal plans**.
- [www.marchofdimes.com/catalog](http://www.marchofdimes.com/catalog) and check out the wealth of bilingual information they provide on pregnancy and breastfeeding issues.
- [www.hmhb.org/pnwg](http://www.hmhb.org/pnwg) Perinatal Nutrition Working Group is a program of Healthy Mothers Healthy Babies Coalition. It provides dietary information that stresses the importance of a diet rich in omega-3’s for the health of both the mother and the baby. Great recipes!
- [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org) provides bilingual information on calcium needs and sources, lactose intolerance and dietary guidelines. Check [www.mealsmatter.org/tools](http://www.mealsmatter.org/tools) for a calcium quiz and

personal nutrition and fitness planners for pregnant moms.

## 6. **Breastfeeding Information, Supplies & Merchandise**

- **WIC** (Women, Infants, Children) provides breastfeeding counseling, information, food supplements and supplies for low-income mothers. For new moms who have to return to work or school, ask your WIC lactation counselor about breast pumps.
- [www.limerickinc.com](http://www.limerickinc.com) , a workplace lactation program, provides information and supplies to promote comfort and prevent breastfeeding problems in the workplace.
- [www.ameda.com](http://www.ameda.com) supplies pumping, storage and breast care merchandise to ensure comfort and convenience for breastfeeding mothers.
- [www.medela.com](http://www.medela.com) for educational courses, breast pump kits and supplies, Mom Care Accessories and custom breastfeeding support bags....all to make your breastfeeding experience successful and enjoyable.
- [www.babygooroo.com](http://www.babygooroo.com) provides expert advice, products and the latest breastfeeding news, producing educational materials that are clear, concise, easy-to-read and affordable. Check out *Breastfeeding: A*

*Parent's Guide*, a comprehensive book covering all facets of breastfeeding.

- [www.breastfeedingbooks.com](http://www.breastfeedingbooks.com) is a multi-lingual source for books and DVDs on pregnancy, breastfeeding, nutrition and fitness from **LA Publishing**.
- [www.InJoyVideos.com](http://www.InJoyVideos.com) provides parent guides, PowerPoint Presentations and DVDs on pregnancy, labor and delivery, breastfeeding and many other early childhood related topics.
- [www.bravadodesigns.com](http://www.bravadodesigns.com) is a great resource for nursing bras.
- [www.cantaloop.com](http://www.cantaloop.com) offers a wide selection of maternity and nursing intimate wear.
- [www.leadinglady.com](http://www.leadinglady.com) produces maternity apparel, specializing in quality lingerie for pregnant and breastfeeding moms.
- [www.thenurtureblanket.com](http://www.thenurtureblanket.com), mom and baby's first blanket. Check the website for info on swaddling, blanket options and free e-books.
- Check baby re-sale, consignment and/or thrift stores in your local area for good deals on baby items,

maternity clothing, breastfeeding supplies and equipment.

- “Google” breastfeeding supplies and merchandise and be prepared to be overwhelmed with the options.

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