

GUIDE FOR BREASTFEEDING

Compiled by New Hampshire's Ten Steps to Successful Breastfeeding program and Let's Go!

This resource will direct you towards websites and AAP publications for families about breastfeeding as well as those of other organizations.

AAP Publications

The AAP sells educational products to professionals as well as parents.

Website: <http://shop.aap.org/>

New Mother's Guide to Breastfeeding: A basic breastfeeding 101 book for mothers. A good overview of the experience of breastfeeding from initiation to weaning for parents. Available in Spanish.

WEBSITE: <http://www.amazon.com/American-Academy-Pediatrics-Mothers-Breastfeeding/dp/0553386662>

Your Baby's First Year: From birth to your baby's first birthday.

This book will guide you about every aspect of your child's health.

WEBSITE: <http://www.amazon.com/Your-Babys-First-Year-Edition/dp/0553593005>

The Joint Commission's Speak Up™ brochure "What you need to know about breastfeeding." Provides new mothers/families with information on the benefit of breastfeeding, and helpful tips on preparing for breastfeeding in the prenatal period, in the hospital, and after leaving the hospital.

WEBSITE: http://www.jointcommission.org/assets/1/18/Breastfeeding_final_7_19_11.pdf

An Easy Guide to Breastfeeding. This popular pamphlet for mothers will give you the basics of breastfeeding. It is available in many different versions and languages including a guide for African American women, American Indian and Alaska Native women, and versions in Spanish and Chinese.

WEBSITE: <https://www.womenshealth.gov/publications/our-publications/breast-feeding-guide/>

Breastfeeding – Best for Baby, Best for Mom. This comprehensive Web site from the Office on Women's Health offers breastfeeding information and a breastfeeding helpline.

WEBSITE: <http://www.womenshealth.gov/Breastfeeding/>

Centers for Disease Control and Prevention Breastfeeding Pages.

The CDC has basic information about breastfeeding including the safety of vaccinating pregnant women, traveling and breastfeeding, and other helpful information about breastfeeding and disease prevention.

WEBSITE: <http://www.cdc.gov/breastfeeding/>

Human Milk Banking Association of North America. This Web site will answer your questions about human milk banking and direct-to-human milk banks in North America.

WEBSITE: <http://www.hmbana.org/>

International Lactation Consultant Association. Visit this site to find local International Board Certified Lactation Consultants by zip code. Be sure to have a name and number of a lactation consultant on hand before you have your baby. Also, ask your obstetrician and pediatrician about lactation support in their office.

WEBSITE: <http://www.ilca.org/>

La Leche League International. La Leche League International offers many resources for families including breastfeeding help, breastfeeding laws, breastfeeding publications, links to local LLL leaders and groups, and more.

WEBSITE: <http://www.llli.org/>

MyPyramid for Pregnancy and Breastfeeding. This Web site has nutrition tools to help you to eat right during pregnancy and lactation.

WEBSITE: <http://www.choosemyplate.gov/pregnancy-breastfeeding.html>

AAP Section on Perinatal Pediatrics. This Web site features up-to-date neonatal-perinatal information for families with premature babies.

WEBSITE: <http://www2.aap.org/sections/Perinatal/aboutus.html>