

E-Resources for BREASTFEEDING MOTHERS



WOMEN-INSPIRED SYSTEMS ENRICHMENT

APPS

BREASTFEEDING SOLUTIONS

\$4.99 | Android, iPhone

This app is designed to help mothers meet their breastfeeding goals by providing straightforward solutions to the 30 most common problems.

iLETDOWN / EXPRESS YOURSELF

\$1.99 | iPhone

This app shows photos of your baby and plays sounds of a hungry baby to help stimulate "let-down" when you're away from your child and need to express milk.

LACTMED

FREE | Android, iPhone

This app features a searchable database of drugs and dietary supplements, with thorough information about how they impact breastfeeding / breast milk.

NUUNEST

\$2.99 | iPhone

This app provides information based on your personalized profile, and allows the user to search information on pregnancy, birth, breastfeeding, baby poop, safe sleep, postpartum mood disorders, and more.

PUMP@WORK

\$1.99 | iPhone

This app provides custom daily milk packaging recommendations, daily breastfeeding news, educational tips on breastfeeding, milk storage, transition back to work and more. The app also offers tracking tools to help manage your supply of expressed milk.

WEBSITES

BEST FOR BABES FOUNDATION

www.bestforbabes.org

Best for Babes offers personal interest stories and quality information for parents looking to be inspired and supported. The site includes tips for expecting or new moms, breastfeeding in public, and breastfeeding at work.

BREASTFEEDING INC.

www.breastfeedinginc.ca

Breastfeeding Inc. aims to empower parents by ensuring they receive the most up-to-date information to assist them with their breastfeeding baby. The site's resources include, but are not limited to, free information sheets, video clips, and articles. Some resources, such as books, protocols and videos can also be purchased through the website.

HMBANA

(Human Milk Banking Association of North America)

www.hmbana.org

HMBANA is home to the only non-profit milk banks in the United States. Their site provides information on how to become a milk donor and how to find your nearest bank.

KELLY MOM

www.kellymom.com

Kelly Mom provides information on breastfeeding, safe sleep and parenting.

LA LECHE LEAGUE INTERNATIONAL

www.llli.org/webus.html

La Leche League offers mother-to-mother support, encouragement, information, and education. Use this site to search for a mother-to-mother support group near you.

MOBI MOTHERHOOD INTERNATIONAL

www.mobimotherhood.org

MOBI celebrates that breastfeeding usually proceeds naturally, without too much difficulty. And, their site provides information, support groups, and a forum for mothers' voices for those who are experiencing difficulty breastfeeding.

US CDC (Centers for Disease Control and Prevention)

www.cdc.gov/breastfeeding

CDC offers up-to-date recommendations for travel, handling and storage of expressed milk, vaccinations and more for the breastfeeding family.

US OWH (Office of Women's Health)

www.womenshealth.gov/breastfeeding/

The US Office of Women's Health website offers tips and information to help you meet your breastfeeding goals.

WORK AND PUMP

www.workandpump.com

Work and Pump offers general breastfeeding information/management geared towards working breastfeeding mothers.

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HOTLINES

NURSING IN PUBLIC HOTLINE (by Best for Babes)

855.NIP.FREE (855.647.3733)

Who answers? Voicemail

Language: English (and others on request)

Hours: Leave message anytime. Will call back within 24 hours

Leave a message on this hotline to report any experience of harassment re: feeding your baby in public. Best for Babes is collecting the reports, and sharing them with the media and others to make a difference for moms everywhere. You can choose to be anonymous or give your name.

LA LECHE LEAGUE US

877.LA.LECHE (877.452.5324)

Who answers? Experienced Breastfeeding Mother, and La Leche League Leader

Language: English and Spanish (and others on request)

Hours: Live during business hours; Leave a message anytime

La Leche League Leaders provide callers with education and support for women who want to breastfeed.

US OWH (Office of Women's Health)

800.994.9662

Who answers? Experienced Breastfeeding Mother, Peer Counselors

Language: English and Spanish

Hours: M-F, 9am-6pm EST

Peer counselors are available to answer your breastfeeding questions or work with you on breastfeeding issues.

BLOGS

MOCHA MILK

mochamilk.blogspot.com

All things related to breastfeeding and the African-American woman.

BLACKTATING

blacktating.blogspot.com

Breastfeeding news and views from a mom of color.

NORMAL, LIKE BREATHING

dianaibclc.com

Normalizing breastfeeding in American culture.

BEST FOR BABES

www.bestforbabes.org/blog

Guest writers on science news, celeb news, babeworthy, booby traps, advocacy and support 360.

FACEBOOK

UNLATCHED

Focus on evidence-based research on breastfeeding and formula use. And, exposes predatory infant formula company tactics and violations of the WHO Code.

THE LEAKY BOOB

Supports breastfeeding mothers through laughter and tears of joy and maintaining a space to share experiences in open conversation.

BLACK WOMEN DO BREASTFEED

Making the community of black moms visible.

BREASTFEEDING USA

Provides evidence-based information and support, and promotes breastfeeding as the biological and cultural norm.