

Breastfeeding Podcasts

Written by [Laurel Haring](#) Sunday, June 29 2008 12:18

What's better than nursing your baby? Listening to a podcast about nursing. Well, maybe not. However, whether you're brand new to nursing or an old hand, podcasts are an easy way to learn even more about the wonderful world of breastfeeding.

Ever wished that you could learn more about breastfeeding but don't feel like reading a book or doing any research on the 'net? You can, thanks to the wonderful world of podcasting.

A podcast is a recorded audio program that you can listen to on your computer (via sound card or headphones), download to your iPod or other MP3 player, or burn onto a CD.

There aren't many breastfeeding podcasts – yet. I predict that we'll be seeing more in years to come. Here's an alphabetical list of podcasts that I gleaned from the 'net. I haven't listened to any of these myself, so I can't vouch for their quality. I'd love to hear what you think about them, though, if you'd like to share your thoughts.

- [Breastfeeding: Benefits and Guidelines](#) Dr. Carol Wagner, an expert in the area of infant nutrition, identifies some of the significant benefits of breast milk and explains the ideal timeframe for breastfeeding. She also covers maternal nutrition, including the issue of prescription and over-the-counter drugs, during lactation.
- [BreastFeeding Mums Podcasts](#): All A Mum Needs to Know about Pregnancy, Breastfeeding and Parenting I wasn't able to find out who produces these podcasts; however, from the use of "mum," I've narrowed the possible countries down to Canada, Australia, New Zealand, England, Ireland, Wales, or Scotland.
- [How to Breastfeed Your Baby](#) This one's a video podcast on "how to breastfeed your baby successfully." Most of the videos are from Dr. Jack Newman, a breastfeeding expert, pediatrician and author of The Ultimate Breastfeeding Answer Book. Other videos include "Hands-Free Breastfeeding."
- [LactStation](#) Touted as "the first regular podcast dedicated to breastfeeding issues," LactStation is produced and presented by Sara Walters, an accredited breastfeeding counselor.
- [La Leche League International](#) We are pleased to bring you this growing collection of interviews and discussions on a variety of breastfeeding, parenting and La Leche League-related topics. Come back often to see what has been added!

- [Medical University of South Carolina: Pregnancy and Childbirth Podcasts](#) These podcasts present information related to pregnancy and childbirth. Listen to MUSC doctors discuss breastfeeding, miscarriage, and fetal ultrasounds, among other topics.
- [Parents Podcast](#) (links to a site) and [Goodyblog](#) (links to a specific podcast) Both are products of the same folks who bring us Parents magazine. Take a look around and see what strikes your fancy. (Note that if you don't have iTunes loaded onto your computer, clicking the first link will take you to the Apple site. The download was easy, even for a relative novice like me.)
- [PregTASTIC Online Radio](#): Expert information. Friendly advice.

Laurel Haring is a writer and editor. She and her family live in Wilmington, Delaware. Laurel has just discovered the wonderful world of podcasting and is having a ball listening to a variety of podcasts about knitting, which, like breastfeeding, wouldn't seem to be a likely topic for an audio program, yet it works beautifully.

<http://www.typeamom.net/breastfeeding-podcasts.html>