

Breastfeeding Resources at Your Fingertips

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When it comes to breastfeeding, all you really need are your breasts and your baby. However, since breastfeeding is a learned skill, it's nice to have resources you can turn to when you have questions or concerns. This article provides lots of links to sites where you can find information about breastfeeding and products that will help make your breastfeeding life a little easier.

Many of us don't have ready access to someone who is knowledgeable about breastfeeding. Thank goodness for the Internet! I've pulled together a list of sites where you can find all sorts of information about breastfeeding and a wide range of products that can help make your nursing life easier. *Disclaimer: The author is not affiliated with any of the sites listed here. A site's listing here is not meant to imply endorsement by either Type-A Mom or the author.*

Breastfeeding Information (in alphabetical order)

- Academy of Breastfeeding Medicine (ABM) (<http://www.bfmed.org/>)
- American Academy of Pediatrics (www.aap.org)
Resources and information "to help you and your family initiate and successfully continue breastfeeding"
- American Academy of Family Physicians (<http://familydoctor.org/>)
- American Academy of Pediatrics (<http://www.aap.org/>)
- Ask Dr. Sears (<http://www.askdrsears.com/html/2/T020100.asp>)
Offers information ranging from "rightstart" techniques to common problems, FAQs, products, breastfeeding while working or while taking medication, and breastfeeding in special situations
- Breastfeeding (www.breastfeeding.com)
A virtual community of breastfeeding moms, this site describes itself as "the #1 site" for breastfeeding information, support, and attitude"
- Breastfeeding Basics (<http://www.breastfeedingbasics.org/>)
- Breastfeeding Channel on iParenting (www.breastfeed.com)
"Resources, information, and inspiration to help you along your breastfeeding journey"
- Breastfeeding Information and Support: Breastfeeding After Breast and Nipple Surgeries (<http://www.bfar.org/>)
- Childbirth (www.childbirth.org)
Offers a modest list of references that includes links to pictures and positions that illustrate how to breastfeed, information about breastfeeding and work, and breastfeeding Q&A

- GotMom (www.gotmom.org)
Sponsored by the American College of Nurse-Midwives and provides breastfeeding information and resources for mothers and families
- Hispanic Health Council of Connecticut (www.hispanichealth.com/doctor.htm)
Offers many links to websites that provide culturally appropriate information that promotes breastfeeding
- International Lactation Consultant Association (ILCA) (<http://www.ilca.org/>)
- Kellymom (www.kellymom.com)
Breastfeeding and parenting site offering "evidence-based information" on breastfeeding, sleep and parenting
- La Leche League International (www.lalecheleague.org)
One of the best-known breastfeeding organizations, supports "mothering through breastfeeding"
- Los Angeles Breastfeeding Task Force
(www.breastfeedingtaskforla.org/resources/breastfeeding-public-education.htm)
A treasure trove of information about breastfeeding, including parent and professional resources, information in multiple languages, and free pamphlets for download
- National Healthy Mothers, Healthy Babies Coalition (<http://www.hmhb.org/>)
- Special Supplemental Nutrition Program for Women, Infants and Children, (WIC) USDA (<http://www.fns.usda.gov/wic/>)
- The Adoptive Breastfeeding Resource Website
(<http://www.fourfriends.com/abrwl/>)
"Support, information, community, success"
- "The Lactivist" Breastfeeding Blog (<http://thelactivist.blogspot.com/>)
- Women's Health (<http://www.4woman.gov/Breastfeeding/>)
Sponsored by the U.S. Centers for Disease Control and Prevention, it offers "practical, helpful breastfeeding information" and a toll-free phone number you can call if you have any questions about breastfeeding
- World Alliance for Breastfeeding Action (<http://www.waba.org.my/>)

Breastfeeding-Related Products (in alphabetical order)

- Breast Is Best (www.breastisbest.com)
- Expressiva Nursingwear (www.expressiva.com)
- Kelly Comfort Solutions (www.kellycomfort.net)
- Mamatotowear (www.mamatotowear.com)
- MomShop / Abracadabra Maternity (www.momshop.com)
- Motherhood Maternity (www.motherhood.com)
- Mothers' Milk Boutique (www.mothersmilkboutique.com)
- Motherwear (www.motherwear.com)
- Lactation Connection (www.lactationconnection.com)
- Nursing Mamas (www.nursingmamas.com)
- One Hot Mama (www.onehotmama.com)
- The Nursing Baby (www.nursingbaby.com)
- The Plus-Size Pregnancy Website (www.plus-size-pregnancy.org)

About the Author

Laurel Haring is a writer. She lives with her family in Wilmington, Delaware, and posts semi-regularly to her blog, [Let Me Say This About That](http://www.typeamom.net/let-me-say-this-about-that).

<http://www.typeamom.net/breastfeeding-resources-at-your-fingertips.html>