

Greetings,

We are excited to be releasing a Breastfeeding Resource Guide! We trust that this will be able to assist pregnant and postpartum mothers and people as they navigate the joys of feeding their new baby.

The purpose of the Breastfeeding Resource Guide is to provide resources on a variety of topics related to breastfeeding that support and educate pregnant mothers and people, guiding them as they make informed infant-feeding decisions.

How to Use the BRG

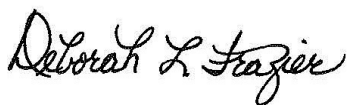
- The Breastfeeding Resource Guide is broken up into several categories. Each category has resource links to the most updated information.
- When using the Breastfeeding Resources Guide, locate the category that the mother-to-be, mother, or father has a question or concern about. In that category, they will find clickable links to resources that can aid them and answer their questions.

BRG Components

- Breastfeeding Benefits
- Lactation Support
- Supporting Your Partner
- Pumping
- Milk Handling, Storage, & Traveling
- Breastfeeding in the Workplace
- Breastfeeding Initiatives
- Breastfeeding & Medication Use
- Breastfeeding Toolkits & Fact Sheets

We thank you for all that you are doing with the babies, mothers, fathers, and families in your communities. If you have any questions regarding the Breastfeeding Resource Guide, please don't hesitate to connect with us!

Sincerely,



Deborah Frazier, CEO

RESOURCE GUIDE

THE PURPOSE OF THIS GUIDE IS TO PROVIDE RESOURCES ON A VARIETY OF TOPICS RELATED TO BREASTFEEDING.

BREASTFEEDING BENEFITS

- [Updated AAP guidance recommends longer breastfeeding due to benefits | AAP News | American Academy of Pediatrics](#)
- [Policy Statement: Breastfeeding and the Use of Human Milk | Pediatrics | American Academy of Pediatrics \(aap.org\)](#)
- [Breastfeeding Benefits Both Baby and Mom | DNPAO | CDC](#)
- [Breastfeeding Benefits | WIC Breastfeeding Support \(usda.gov\)](#)
- [What are the benefits of breastfeeding? | NICHD - Eunice Kennedy Shriver National Institute of Child Health and Human Development \(nih.gov\)](#)

LACTATION SUPPORT

- [Human Milk Banking Association of North America \(hmbana.org\)](#)
- [Home - The Milk Bank](#)
- [The Breastfeeding Mama Support Group | Facebook](#)
- [Virtual Breastfeeding Consults - The Breastfeeding Mama](#)
- <https://kellymom.com/category/about/>
- [Get Support from WIC | WIC Breastfeeding Support \(usda.gov\)](#)
- [Home - Reaching Our Sisters Everywhere \(breastfeedingrose.org\)](#)
- [The Melanated Mammary Atlas | Health Movement \(mmatlas.com\)](#)

LACTATION SUPPORT CONTINUED

- [Reaching Our Brothers Everywhere \(breastfeedingrope.org\)](http://breastfeedingrope.org).
- [Homepage - La Leche League International \(lalli.org\)](http://lalli.org).
- [National Women's Health and Breastfeeding Helpline | Office on Women's Health \(womenshealth.gov\) 1-800-994-9662](http://womenshealth.gov)
- [Local Breastfeeding and Lactation Support Groups](#)

SUPPORTING YOUR PARTNER WHILE THEIR BREASTFEEDING

- [Advocacy Toolkit \(amazonaws.com\)](http://amazonaws.com).
- [How Dads Can Support Their Breastfeeding Partner | WIC Breastfeeding Support \(usda.gov\)](http://usda.gov).
- [The Role of the Partner in Breastfeeding: How the Support of Dads, Co-Moms and Other People Makes a Difference - La Leche League International \(lalli.org\)](http://lalli.org).
- [Translating fathers' support for breastfeeding into practice - PMC \(nih.gov\)](http://nih.gov).

PUMPING

- [Pumping Breast Milk | Nutrition | CDC](http://cdc.gov)
- [Are breast pumps covered by the Affordable Care Act? | HHS.gov](http://hhs.gov)
- [Pumping Milk - La Leche League International \(lalli.org\)](http://lalli.org).
- [How to Keep Your Breast Pump Clean | CDC](http://cdc.gov)
- [Which Breast Pump for Which Mother: An Evidenced-Based Approach to Individualizing Breast Pump Technology - PMC \(nih.gov\)](http://nih.gov).

MILK HANDLING, STORAGE AND TRAVELING

- [Proper Storage and Preparation of Breast Milk | Breastfeeding | CDC](http://cdc.gov)
- [Travel Recommendations for Nursing Families | Nutrition | CDC](http://cdc.gov)
- [Breast Milk | Transportation Security Administration \(tsa.gov\)](http://tsa.gov).

BREASTFEEDING IN THE WORKPLACE

- [Break Time for Nursing Mothers | U.S. Department of Labor \(dol.gov\)](#).
- [Breastfeeding and Returning to Your Workplace | Nutrition | CDC](#)
- [50 State Summary of Breastfeeding Laws | WIC Works Resource System \(usda.gov\)](#).

BREASTFEEDING FRIENDLY HOSPITAL INITIATIVES

- [Baby-Friendly USA - Find a Baby-Friendly Facility \(babyfriendlyusa.org\)](#).
- [Ten steps to successful breastfeeding, Nutrition and Food Safety \(who.int\)](#).

BREASTFEEDING & MEDICATION USE

- [Prescription Medication Use | Breastfeeding | CDC](#)
- [Drugs and Lactation Database \(LactMed®\) - NCBI Bookshelf \(nih.gov\)](#).
- [Breastfeeding & Psychiatric Medications - MGH Center for Women's Mental Health \(womensmentalhealth.org\)](#).
- [The Transfer of Drugs and Therapeutics Into Human Breast Milk: An Update on Selected Topics | Pediatrics | American Academy of Pediatrics \(aap.org\)](#).
- [Substance Use and Medication Safety | WIC Works Resource System \(usda.gov\)](#).

BREASTFEEDING TOOLKITS AND FACTSHEETS

- [The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies](#)
- [Blueprint - BreastfeedingCoC \(breastfeedingcontinuityofcare.org\)](#).
- [Healthy Pregnancy Healthy Baby Fact Sheets | SAMHSA Publications and Digital Products](#)
- [Infant and Young Child Feeding in Emergencies \(IYCF-E\) Toolkit | Nutrition | CDC](#)
- [Breastfeeding Toolkit | Resources \(ihs.gov\)](#).
- [Breastfeeding Learning Collaborative Toolkit \(state.mn.us\)](#).