

# Breastfeeding Information Sources

## ...that we love!

If you're like us, you most likely have lots of questions about breastfeeding your baby and don't quite remember all the details from the breastfeeding section of your pre-natal class! To help you navigate the vast amount of information on breastfeeding that's available, we've compiled a list of our favorite breastfeeding websites, books and resources that answer commonly asked questions and concerns in a straightforward way.

And don't forget, friends and family who have breastfed are often the best means of help and support with breastfeeding. If you don't have anyone nearby and you have questions, try some of the chat rooms devoted to breastfeeding found on many parenting websites.

All of these suggested resources are for general breastfeeding information only. If you have serious concerns about your baby or breastfeeding, speak to your doctor, midwife or lactation consultant. Don't ever hesitate to get help!



### Websites

#### La Leche League International

([www.lalecheleague.org](http://www.lalecheleague.org)) or La Leche League Canada ([www.lalecheleague.ca](http://www.lalecheleague.ca)).

Great support and information for breastfeeding. Commonly asked questions and how to find a La Leche League chapter in your area.

#### Breastfeeding.com

A great source for breastfeeding information and more that includes common questions and answers, a lactation consultant directory, news and chat groups on breastfeeding.

#### Kellymom.com

Includes up to date information on breastfeeding, commonly asked questions, and a lactation consultant directory. Also features many articles and handouts by Dr. Jack Newman, one of the leading authorities on breastfeeding.

#### Breastfeedingonline.com

Great information that also includes videos on proper latching.

#### 4woman.gov/breastfeeding

Great source for general information on breastfeeding as well as many other women's health issues. This is the place to go if you feel you are experiencing problems with breastfeeding. It has solutions to common breastfeeding problems, and helps you to determine if you need to see either a lactation consultant or a medical practitioner.

#### International Lactation Consultants Association ([www.ILCA.org](http://www.ILCA.org))

To find a lactation consultant in your area.

#### Newdads.com

Because dads need information and support as well!

### Books

#### The Ultimate Breastfeeding Book of Answers

by Dr. Jack Newman and Teresa Pitman (*in Canada, title is Dr. Jack Newman's Guide to Breastfeeding*)

#### The Womanly Art of Breastfeeding

by La Leche League International

#### The Nursing Mother's Companion

by Kathleen Huggins, RN, CLC

#### The Complete Book of Breastfeeding

by Marvin S. Eiger, MD and Sally Wendos Olds

### Other Resources

United States:

#### The National Women's Health Information Center Breastfeeding Helpline

A breastfeeding information and referral service that's offered in English and Spanish.

1-800-994-9662

#### La Leche League – Breastfeeding Referral Service

This referral line will put you in contact with an LLL Leader in your area who can help with questions.

1-800-LaLeche (525-3243)

#### Corporate Lactation Program

Check if your employer has one!

Canada:

#### La Leche League Canada - Breastfeeding Referral Line

1-800-665-4324

