

# Online Resources for Post Partum

## BREASTFEEDING:

La Leche League

[www.lalechedleague.org](http://www.lalechedleague.org)

Australian Breastfeeding Association

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

## POSTPARTUM and POSTPARTUM DEPRESSION:

The Northwest Assoc. for Postpartum Support (NAPS)

[www.naps-doulas.org](http://www.naps-doulas.org)

Depression After Delivery

[www.depressionafterdelivery.com](http://www.depressionafterdelivery.com)

Postpartum Stress

[www.postpartumstress.com](http://www.postpartumstress.com)

Father Support

[www.postpartumdads.org](http://www.postpartumdads.org)

Postpartum Support International

[www.postpartum.net](http://www.postpartum.net)

## INFORMATION, RESOURCES, CHAT GROUPS

[www.talk.epregnancy.com](http://www.talk.epregnancy.com)

[www.pregnancytoday.com/lists](http://www.pregnancytoday.com/lists)

[www.simplymoms.com](http://www.simplymoms.com)

[www.belliesandbabies.com/boards](http://www.belliesandbabies.com/boards)

<http://www.aap.org/family>

[www.ppdsupportpage.com](http://www.ppdsupportpage.com) Online Chat support for Mom's