



## Breastfeeding Resource Guide

### Families

- **Human Milk Banking Association of America (HMBANA)**

The Mothers' Milk Bank in Ohio is breast milk bank that safely provides human milk to premature and critically ill infants. The milk bank relies on donations from healthy, lactating women. The donated milk is then pasteurized, frozen and distributed to critically ill babies via physician prescription.

<https://www.hmbana.org/> and <https://www.ohiohealth.com/mothersmilkbank/>

- **La Leche League**

This organization helps mothers breastfeed through mother-to-mother support, encouragement, information, and education. \* ODH recommends room sharing without bed sharing.

<http://www.llli.org/>

- **Louisiana Breastfeeding Coalition**

This website dedicates a section to moms and provides breastfeeding information ranging from before and after birth to tips for returning to work/school.

<http://www.louisianabreastfeedingcoalition.org/moms/>

Additional breastfeeding information is provided for dads/partners/spouses and grandparents. <http://www.louisianabreastfeedingcoalition.org/parents/>

- **The National Breastfeeding Helpline**

800-994-9662

This national helpline from the Office on Women's Health has trained breastfeeding peer counselors to provide support by phone. The counselors can help answer common breastfeeding questions. It is available for all breastfeeding mothers, partners, prospective parents, family members, and health professionals seeking to learn more about breastfeeding. The helpline is open from Monday through Friday, from 9 a.m. to 6 p.m., EST. If you call after hours, you will be able to leave a message, and a breastfeeding peer counselor will return your call on the next business day. Help is available in English or Spanish.



- **Womenshealth.gov**

This website covers many tips and suggestions to successfully breastfeed, including why it is important, challenges, finding support, breastfeeding in public, going back to work, pumping and milk storage.

<http://www.womenshealth.gov/breastfeeding/>

### Handouts/Fact Sheets

- **Action Guides from the Surgeon General**

Guides and action steps to support breastfeeding are available for public health professionals, doctors, nurses, health care leaders, communities and researchers.

<http://www.cdc.gov/breastfeeding/promotion/calltoaction.htm>

- ***Bottle Feeding Like Breastfeeding***

<http://www.louisianabreastfeedingcoalition.org/wp-content/uploads/2010/09/8.-BottleFeedingLikeBreastfeeding-For-Staff.pdf>

- **Breastfeeding and Latch**

<http://www.coastalpediatricassociates.com/Breastfeeding%2010-22-12.pdf>

- ***Breastfeeding Guide for Women***

This publication provides women the how-to information and support needed to breastfeed successfully. It explains why breastfeeding is best for baby, mom, and society and how loved ones can support a mother's decision to breastfeed. It is also available specifically for African American women and their families.

<http://www.womenshealth.gov/publications/our-publications/breastfeeding-guide/index.html>

- **Breastfeeding Materials**

Variety of handouts available for purchase.

<http://www.breastfeedingmaterials.com/products/videos>

- **Feeding Your Newborn Baby**

<http://healthvermont.gov/wic/food-feeding/months0-12/Newborn.aspx>



- **Ohio Department of Health Breastfeeding Fact Sheet**  
[http://www.odh.ohio.gov/~media/ODH/ASSETS/Files/ns/wic%20nutrition/BFfactsheet\\_FINAL7\\_1\\_13.ashx](http://www.odh.ohio.gov/~media/ODH/ASSETS/Files/ns/wic%20nutrition/BFfactsheet_FINAL7_1_13.ashx)
- **Paced Bottle Feeding**  
<http://www.springfieldul.org/Custom/Library/1/documents/IllinoisWICNutritionEducationMaterialsAndResources/Handouts/FYBPacedFeedingEnglish.pdf>  
Also available in Spanish <http://www.dhs.state.il.us/page.aspx?item=32166>
- **Women's Health Fact Sheet**  
This fact sheet addresses breastfeeding FAQs and provides additional resources.  
<http://www.womenshealth.gov/publications/our-publications/fact-sheet/Breastfeeding.pdf>

### Health Professionals

- **American Academy of Pediatrics**  
This website contains many educational resources for health professionals including an extensive list of books, websites and PDFs, policy statements and guidelines, training materials, and promotional materials.  
[http://www2.aap.org/breastfeeding/curriculum/references\\_resources.html](http://www2.aap.org/breastfeeding/curriculum/references_resources.html)
- **American Academy of Pediatrics**  
This Health Professionals Resource Guide includes websites, publications, policies, research, a speaker's kit, and additional resources to support breastfeeding families.  
<http://www2.aap.org/breastfeeding/healthProfessionalsResourceGuide.html>
- **Baby-Friendly Hospital Initiative (BFHI)**  
This global program recognizes and rewards hospitals and birthing centers that offer an optimal level of care for infant feeding and mother/baby bonding. Facilities can earn Baby-Friendly designation by successfully implementing the Ten Steps to Successful Breastfeeding, evidence-based practices that have been shown to increase breastfeeding initiation and duration.  
<http://www.babyfriendlyusa.org/about-us/baby-friendly-hospital-initiative>



- ***Core Competencies in Breastfeeding Care and Services for All Health Professionals***  
The United States Breastfeeding Committee recommends that all health professionals possess the core competencies identified in this document in order to integrate breastfeeding care effectively and responsibly into current practice and thus provide effective and comprehensive services to mothers, children, and families.  
<http://www.usbreastfeeding.org/LinkClick.aspx?link=Publications%2fCore-Competencies-2010-rev.pdf&tabid=36&mid=378>
- ***Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies***  
This document provides guidance for public health professionals and others on how to select strategies to support breastfeeding mothers and increase breastfeeding rates.  
<http://www.cdc.gov/breastfeeding/resources/guide.htm>

## Training

- **Breastfeeding Basics: Breastfeeding Benefits & Barriers**  
This training course focuses on the fundamentals of breastfeeding, including breastfeeding benefits and barriers, anatomy and physiology, growth and development, breastfeeding around the world, the breastfeeding couple, the term infant with problems, and breastmilk and drugs. It is geared primarily for the medical practitioner, although anyone is welcome to browse or take the course.  
<http://www.breastfeedingbasics.org/>
- **Lactation Management Self-Study Modules**  
This self-study module is provides basic knowledge for health care providers to be supportive of breastfeeding mothers and the full-term infant. It includes a pre/posttest and many great resources within the course.  
[http://whqlibdoc.who.int/publications/2009/9789241597494\\_eng.pdf](http://whqlibdoc.who.int/publications/2009/9789241597494_eng.pdf)
- **Loving Support© Peer Program Training**  
This training course is geared toward WIC Peer Helpers. These are mothers who have personal experience with breastfeeding and are trained to provide basic breastfeeding information and support to other mothers with whom they share various characteristics, such as language, race/ethnicity, and socioeconomic status.  
[http://www.nal.usda.gov/wicworks/Learning\\_Center/support\\_peer.html](http://www.nal.usda.gov/wicworks/Learning_Center/support_peer.html)



- **Using Loving Support® to Grow and Glow in WIC**

This training was developed for WIC staff, but contains competencies in breastfeeding promotion and support. This free training is available online or through [OhioTrain](#) and offers six hours of continuing education credit. (OhioTrain course ID number: 10132520 for nurses; 1034965 for health professionals.)

[http://www.nal.usda.gov/wicworks/Learning\\_Center/BF\\_training.html](http://www.nal.usda.gov/wicworks/Learning_Center/BF_training.html)

### Websites

- **Black Mothers' Breastfeeding Association**

BMBFA's objective is to provide education, valuable resources and ongoing support to breastfeeding mothers, their families and the African American community. They also provide seminars and training workshops to public health professionals on cultural competence in breastfeeding support for African American women.

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

- ***Business Case For Breastfeeding***

This program is designed to educate employers about the value of supporting breastfeeding employees in the workplace. It offers tools to help employers provide worksite lactation support and privacy for breastfeeding mothers to express milk and offers guidance to employees on breastfeeding and working.

<http://www.womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding/>

A webinar recording of the *Business Case for Breastfeeding* training and PowerPoint slides are available at [http://www.odh.ohio.gov/odhprograms/cfhs/cf\\_hlth/cfhs1.aspx](http://www.odh.ohio.gov/odhprograms/cfhs/cf_hlth/cfhs1.aspx).

- **California Department of Public Health**

This website focuses on “Resources for Breastfeeding Promotion Among the African American Community.” It includes information for families and promotional materials/tools.

<http://www.cdph.ca.gov/healthinfo/healthyliving/childfamily/Pages/ResourcesforBreastfeedingPromotion.aspx>



- **Carolina Global Breastfeeding Institute**  
The “Toolkits for Action” have been developed to provide easy access to information to better understand and address topics related to breastfeeding, birth spacing and birthing practices. Toolkits are available for breastfeeding and obesity prevention, breastfeeding and [health disparities](#), and breastfeeding and child care.  
<http://cgbi.sph.unc.edu/take-action/toolkits>
- **Indiana State Department of Health**  
This website encompasses a comprehensive resource guide ranging from breastfeeding facts and FAQs, patient/parent handouts, educational materials, and resources.  
<http://www.in.gov/isdh/17304.htm>
- ***It’s Only Natural***  
*It’s Only Natural* is a national breastfeeding campaign that aims to help African American women and their families understand the health benefits of breastfeeding—not just for babies, but for moms too. This website contains facts about breastfeeding and practical tips on how to make breastfeeding work while getting the support you need.  
<http://www.womenshealth.gov/ItsOnlyNatural/index.html>
- **Ohio WIC Breastfeeding Corner**  
WIC promotes and supports breastfeeding by teaching mothers how to breastfeed and overcome problems. This website includes tips to successfully initiate breastfeeding, tips for working mothers, success stories and additional resources.  
<http://www.odh.ohio.gov/odhprograms/ns/wicn/breastfeeding.aspx>
- **Surgeon General’s *Call to Action to Support Breastfeeding***  
The “Call to Action” identifies ways that families, communities, employers and health care professionals can improve breastfeeding rates and increase support for women who want to breastfeed their babies.  
<http://www.surgeongeneral.gov/library/calls/breastfeeding/calltoactiontosupportbreastfeeding.pdf>



- **Texas WIC**

The Texas WIC program's website features information including breastfeeding help and information, lessons plans, handouts (available in English and Spanish), publications and videos, African American Breastfeeding Promotion, and resources for physicians.

<http://www.dshs.state.tx.us/wichd/bf/bf1.shtm>