

Breastfeeding Resources for Healthy Start Programs

GENERAL BREASTFEEDING INFORMATION AND RESOURCES

Academy of Breastfeeding Medicine (ABM)

<https://www.bfmed.org/protocols>

American Academy of Pediatrics (AAP)

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/default.aspx>

Carolina Global Breastfeeding Institute (CGBI): Ready, Set, Baby

<https://sph.unc.edu/cgbi/ready-set-baby/>

Centers for Disease Control and Prevention (CDC): Breastfeeding

<https://www.cdc.gov/breastfeeding/index.htm>

Centers of Disease Control and Prevention (CDC): Breastfeeding: Lead

<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/environmental-exposures/lead.html>

Infant Risk Center: Breastfeeding

<https://www.infantrisk.com/categories/breastfeeding>

Kelly Mom Parenting and Breastfeeding

<https://kellymom.com/>

La Leche League International

<https://www.llli.org/breastfeeding-info/>

March of Dimes: Feeding Your Baby

<https://www.marchofdimes.org/baby/feeding-your-baby.aspx>

MotherToBaby: Medications and More During Pregnancy and Breastfeeding

<https://mothertobaby.org/>

National Center for Education in Maternal and Child Health (NCEMCH): An Individualized Approach to Helping Families Embrace Safe Sleep and Breastfeeding

<https://www.ncemch.org/learning/building/>

The American College of Obstetricians and Gynecologists (ACOG): Postpartum Toolkit

<https://www.acog.org/About-ACOG/ACOG-Departments/Toolkits-for-Health-Care-Providers/Postpartum-Toolkit>

The Baby-Friendly Hospital Initiative and The Ten Steps to Successful Breastfeeding

<https://www.babyfriendlyusa.org/about/>



Developed by JSI for the Healthy Start EPIC Center

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The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

<https://wicbreastfeeding.fns.usda.gov/>

USDA's Recommendations for Nutrition for Breastfeeding Mothers

<https://www.choosemyplate.gov/moms-pregnancy-breastfeeding>

U.S. Dept. of Health and Human Services Office on Women's Health

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

U.S. Dept. of Health and Human Services: Breastfeeding: The Surgeon General's Call to Action

<https://www.hhs.gov/surgeongeneral/reports-and-publications/breastfeeding/factsheet/index.html>

LACTATION, ADVOCACY, AND THE LAW

American Civil Liberties Union (ACLU): Know Your Rights: Sex Discrimination

<https://www.aclu.org/know-your-rights/sex-discrimination/#im-experiencing-sex-based-discrimination-on-campus>

Health Resources and Services Admin. (HRSA): Women's Preventive Services Guidelines

<https://www.hrsa.gov/womens-guidelines/index.html>

Health Resources and Services Admin. (HRSA): The Business Case for Breastfeeding

<https://www.womenshealth.gov/breastfeeding/breastfeeding-home-work-and-public/breastfeeding-and-going-back-work/business-case>

MomsRising

<https://www.momsrising.org/about>

National Women's Law Center: Benefits for Breastfeeding Moms: Understanding Health Coverage of Breastfeeding Support and Supplies

https://nwlc.org/sites/default/files/pdfs/nwlc_breastfeedingfactsheet.pdf

Pregnant at Work: An Initiative of the Center for WorkLife Law: Breastfeeding Employees

<https://www.pregnantatwork.org/pregnant-women-pregnancy/breastfeeding-employees/>

U.S. Dept. of Labor: Break Time for Nursing Mothers

<https://www.dol.gov/whd/regs/compliance/whdfs73.htm>

Breastfeeding Resources for Healthy Start Programs

TRAININGS, WEBINARS, TUTORIALS, PODCASTS, BLOGS, HANDOUTS, NEWSLETTERS, AND CONFERENCES

Cheer Equity and CHAMPS
<https://www.cheerequity.org/>

GOLD Lactation Online Conference
<https://www.goldlactation.com/>

H.U.G. Your Baby
<https://hugyourbaby.org/>

INJOY Health Education
<https://injoyhealtheducation.com/>

International Lactation Consultant Association
<https://www.ilca.org>

Lactation Education Resources
<https://www.lactationtraining.com>

National Association of Professional and Peer Lactation Supporters of Color (NAPPLSC)
<http://napplsc.org/About-Us>

National Institute for Children's Health Quality (NICHQ)
<https://www.nichq.org/>

Reaching Our Sisters Everywhere (ROSE)
<http://www.breastfeedingrose.org/>

The Academy of Lactation Policy and Practice
<https://www.alpp.org/>

United States Breastfeeding Committee
<http://www.usbreastfeeding.org/>

USDA Grow and Glow in WIC
<https://wicworks.fns.usda.gov/resources/grow-and-glow-wic>

USDA Peer Counselor Training for WIC Managers
<https://wicworks.fns.usda.gov/resources/peer-counseling-training-wic-managers>

U.S. Lactation Consultant Association
<https://uslca.org/>

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SUPPORT GROUP START-UP

Baby Café USA

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

Moms2B

<https://columbusfoundation.org/stories-of-impact/healthy-moms-healthy-babies>

TOOLS FOR FAMILIES

Collective App

<https://collective.com>

Text4Baby

<https://www.text4baby.org>

OTHER TEACHING TOOLS

Childbirth Graphics

<https://www.childbirthgraphics.com/Subject/Breastfeeding>

Johns Hopkins Bloomberg School of Public Health: Family Spirit

<https://www.jhsph.edu/research/affiliated-programs/family-spirit/training/curriculum-package/index.html>

The Magical Hour Video

<http://www.magicalhour.org/aboutus.html>

For additional relevant resources visit the Evidence-Based Practices Inventory on healthystartepic.org.