

Breastfeeding Online Resource List for Pinellas County



Black Women Do Breastfeed

- www.blackwomendobreastfeed.org
- Breastfeeding stories, news, and resources

Breastfeeding Inc.

- www.breastfeedinginc.ca
- Breastfeeding services, videos, and info. sheets (multilingual)

Breastmilk Counts

- www.breastmilkcounts.com
- Breastfeeding info., guides, tips, and resources for the whole family as well as working moms

Healthy Children (AAP)

- <http://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/default.aspx>
- Articles and audio covering a wide variety of breastfeeding topics.

Centers for Disease Control

- www.cdc.gov/breastfeeding/
- Breastfeeding guidelines, recommendations, FAQ's, research, policies, and resources

Kelly Mom

- www.kellymom.com
- Info. and tips for breastfeeding, pregnancy, parenting, nutrition, and family fun

La Leche League of Pinellas

- <http://lllflorida.com/lalecheleague/groups/lll-of-pinellas-county/>
- La Leche League of Pinellas support group meeting info, locations, and times.

Office on Women's Health

- www.womenshealth.gov/ breastfeeding
- Info. on how to breastfeed, breastfeeding challenges, pumping, going back to work, and other resources (bilingual)

Tampa Bay Birth Network

- <http://www.tampabaybirthnetwork.org/>
- General info., articles and local support resources for breastfeeding

Tampa Bay Breastfeeding Task Force

- <http://www.tbbreastfeeding.org/> Local initiatives (including Pinellas County), research, policies, and resources

World Health Organization

- www.who.int/topics/breastfeeding
- Breastfeeding general info., research articles, statistics, programs, and projects (Multilingual)

WIC (Women, Infants and Children)

- www.fns.usda.gov/wic/breastfeeding-promotion-and-support-wic Breastfeeding and nutrition info. and support for the whole family

Videos

Breastfeeding Preemies

- Search: Breastfeeding Premature UC San Diego (YouTube)
- <https://www.youtube.com/watch?v=85s0VdnxQFA>

Breastfeeding Twins

- Search: Breastfeeding twins (YouTube)
- <http://youtu.be/y0hetuq0jYs>

Hand Expression

- Search: Stanford Hand Expression (Google, Bing, etc)
- <http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

Latching and Positions

- Search: Global Health Media Project or Attaching Your Baby at the Breast
- <http://globalhealthmedia.org/portfolio-items/attaching-your-baby-at-the-breast/?portfolioID=5623>

Self-Attachment

- Search: Breast Crawl Initiation UNICEF (YouTube)
- <http://www.youtube.com/watch?v=zrwflcPB1u4>

Pace Feeding

- Search: pace feeding (YouTube)
- <https://www.youtube.com/watch?v=dxplzcitLc8>