

# Online Breastfeeding Resources



**Pinellas WIC Breastfeeding Line**  
727-824-6997- 7 days a week until 9 pm

Please call if you need breastfeeding help, have pain with breastfeeding or pumping, need a breast pump, or if you have breastfeeding questions.

## Booklets-

Your Guide to Breastfeeding  
[www.womenshealth.gov/patient-materials/resource/guides](http://www.womenshealth.gov/patient-materials/resource/guides)

Breastfeeding Your Baby  
[www.floridahealth.gov/programs-and-services/wic/breastfeeding/documents/breastfeeding-your-baby.pdf](http://www.floridahealth.gov/programs-and-services/wic/breastfeeding/documents/breastfeeding-your-baby.pdf)

Breastfeeding When you are Going Back to Work or School  
[www.floridahealth.gov/programs-and-services/wic/breastfeeding/documents/breastfeeding-work-school.pdf](http://www.floridahealth.gov/programs-and-services/wic/breastfeeding/documents/breastfeeding-work-school.pdf)

## Handouts-

Do You Ever Wonder What Is In Breastmilk vs. Formula ?  
[93e5c9d27a8a90cba6c26eb3e14180ff.jpg](http://93e5c9d27a8a90cba6c26eb3e14180ff.jpg) (640x498) (pinimg.com)

Milk Storage Guidelines-  
[www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)

Babies Don't Need Formula  
[www.breastfeedla.org/wp-content/uploads/2019/09/BF-babies-dont-need-formula-Eng.-12-10-04.pdf](http://www.breastfeedla.org/wp-content/uploads/2019/09/BF-babies-dont-need-formula-Eng.-12-10-04.pdf)

Dangers of Formula  
[21-dangers-of-infant-formula-danger-2012.pdf](http://21-dangers-of-infant-formula-danger-2012.pdf) (waba.org.my)

## Websites-

WIC Breastfeeding Information and Videos  
[wicbreastfeeding.fns.usda.gov/breastfeeding-101](http://wicbreastfeeding.fns.usda.gov/breastfeeding-101)

Kellymom.com  
[KellyMom.com Breastfeeding and Parenting](http://KellyMom.com)

Medications While Breastfeeding- In Spanish and English:  
[e-lactancia. Is this compatible with breastfeeding?](http://e-lactancia.com)

La Leche League-*Multilanguage resources, online support groups, and Virtual Meetings*

[Homepage - La Leche League International \(Illi.org\)](http://Homepage-LaLecheLeagueInternational.org)

Rose- Reaching Our Sisters Everywhere- *and Virtual Baby Cafes*

[www.breastfeedingrose.org/rosebabycafe/](http://www.breastfeedingrose.org/rosebabycafe/)

Pumping at Work Federal Law- \Section 7(r) of the Fair Labor Standards Act – Break Time for Nursing Mothers Provision | U.S. Department of Labor (dol.gov)

Custody and Breastfeeding

[Custody-and-Breastfeeding-Toolkit\\_final.pdf](http://Custody-and-Breastfeeding-Toolkit_final.pdf) (breastfeedla.org)

Breastmilk Storage- Storage and Preparation of Breast Milk (cdc.gov)

## Videos-

Latching and Positions  
[/globalhealthmedia.org/portfolio-items/attaching-your-baby-at-the-breast/?portfolioID=5623](http://globalhealthmedia.org/portfolio-items/attaching-your-baby-at-the-breast/?portfolioID=5623)

Pace Feeding  
[www.youtube.com/watch?v=KY8ct80VqaE](http://www.youtube.com/watch?v=KY8ct80VqaE)

Pumping at Work-  
[www.youtube.com/watch?v=W8\\_it6kXEjs](http://www.youtube.com/watch?v=W8_it6kXEjs)

## Video Instructions for WIC Pumps-

[How to use your Harmony Breast Pump - YouTube](http://How-to-use-your-Harmony-Breast-Pump-YouTube)

[How to Use the Ameda Mya Joy with the HygieniKit - English - YouTube](http://How-to-Use-the-Ameda-Mya-Joy-with-the-HygieniKit-English-YouTube)

[How to use the Zomee Z2 - Bing video](http://How-to-use-the-Zomee-Z2-Bing-video)

[How to Use Your Medela Pump In Style® with MaxFlow™ Breast Pump - YouTube](http://How-to-Use-Your-Medela-Pump-In-Style-with-MaxFlow-Breast-Pump-YouTube)

[\(3324\) Medela Pump In Style Advanced | How to Use - YouTube](http://(3324)Medela-Pump-In-Style-Advanced-How-to-Use-YouTube)

