

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, or if you have breastfeeding questions.

Booklets-

Your Guide to Breastfeeding
www.womenshealth.gov/patient-materials/resource/guides

Breastfeeding Your Baby

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

Handouts--

Do You Ever Wonder What Is In Breastmilk vs. Formula ?

93e5c9d27a8a90cba6c26eb3e14180ff.jpg (640x498) (pinimg.com)

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

Babies Don't Need Formula

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 (waba.org.my)

Websites-

WIC Breastfeeding Information and Videos

wicbreastfeeding.fns.usda.gov/breastfeeding-101

Kellymom.com

KellyMom.com Breastfeeding and Parenting

Medications While Breastfeeding- In Spanish and English: e-lactancia.com. Is this compatible with breastfeeding?

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

Homepage - La Leche League International (lilli.org)

Pumping at Work Federal Law- FLSA Protections to Pump at Work | U.S. Department of Labor (dol.gov)

Custody and Breastfeeding

Custody-and-Breastfeeding-Toolkit final.pdf (breastfeedla.org)

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

Videos-

Latching and Positions

Attaching Your Baby at the Breast - Video - Global Health Media Project

Pace Feeding

paced bottle feeding captioned (youtube.com)

Pumping at Work-

Breastfeeding at Work 3 minute prep (youtube.com)

Video Instructions for WIC Pumps-

How to use your Harmony Breast Pump (youtube.com)

How to Use the Ameda Mya Joy with the HygieniKit - English (youtube.com)

How to use the Zomee Z2 (youtube.com)

How to Use Your Medela Pump In Style® with MaxFlow™ Breast Pump (youtube.com)

Medela Pump In Style Advanced | How to Use (youtube.com)

[Instructions for use Medela Symphony breastpump \(english\)](http://Instructions for use Medela Symphony breastpump (english)) (youtube.com)



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