

CPR—Breastfeeding Links

Breastfeeding's benefits easily outweigh the costs. It's healthy, it's economical, it's natural, it bonds mother and child, it can help other children, and it helps new mothers lose the pregnancy pounds. So why do pediatricians (and obstetricians) always seem to be fighting an uphill battle with it? It's often difficult and painful for the first few days. It can be messy. It's inconvenient for working mothers. But ask the parents of a breastfed child how many ear infections he or she got, or how many colds, or how much they spend on formula a month. As with smoking cessation, breastfeeding is always worth the extra minutes of advocacy.

AAP's Breastfeeding page:

www.aap.org/breastfeeding

A definitive page

The Academy of Breastfeeding Medicine:

www.bfmed.org

ABM is a worldwide organization of physicians promoting breastfeeding.

ASK Dr. Sears:

www.askdrsears.com

Advice and facts from "America's Family of pediatricians."

The Baby-Friendly Hospital Initiative:

<http://www.unicef.org/programme/breastfeeding/baby.htm>

From UNICEF and the WHO.

Breastfeed for ALL:

www.breastfeedforall.org

A support and advocacy site funded by an antitrust class action, run by the California Women, Infants and Children Association.

Breastfeeding.com:

www.breastfeeding.com

A mother's resource for information and support on how to breastfeed.

Breast pump and equipment manufacturers:

Medela: www.medela.com

Ameda: www.ameda.com

Evenflo: www.evenflo.com

Avent: www.avent.com

The First Years:

<http://www.learningcurve.com/thefirstyears>

CDC's Breastfeeding page:

www.cdc.gov/breastfeeding

Includes a Department of Health and Human Services breastfeeding hotline, breastfeeding statistics, and more.

Extended Breastfeeding:

<http://www.babycenter.com/toddler/toddlerbreastfeed/index>

BabyCenter's balanced forum on breastfeeding after the first year.

4Women.gov:

www.4women.gov

DHHS's National Women's Health Information Center, online.

Human Milk Banking Association of North America:

www.hmbana.org

A membership association for milk banks.

Got Breast Pump!

www.gotbreastpump.com

An organization that helps nursing mothers donate breast milk to sick infants.

Indian Health Service's

Breastfeeding page:

<http://www.ihs.gov/MedicalPrograms/MCH/M/bf.cfm>

Promoting breastfeeding to the American Indian and Alaska Native population.

International Lactation Consultant Association:

www.ilca.org

ILCA is devoted to international board-certified lactation consultants.

International Board of Lactation Consultant Examiners:

www.iblce.org

Like ILCA, IBLCE also certifies trained breastfeeding experts as international board-certified lactation consultants.

LA Leche League:

www.lalecheleague.org

The definitive breastfeeding group.

March of Dimes

http://www.marchofdimes.com/pnhec/298_1061.asp

Provides breastfeeding information as part of its mission to improve the health of babies.

MilkScreen:

www.milkscreen.com

A chemically-treated pad that turns colors when breast milk with expressed alcohol is dabbed on it.

ProMom:

www.promom.org

A nonprofit dedicated to increasing awareness and acceptance of breastfeeding.

United States Breastfeeding Committee:

www.usbreastfeeding.org

Formerly the National Breastfeeding Leadership Roundtable.

United States Lactation Consultant Association:

www.ilca.org/uslca/index.html

The American branch of the ILCA.

WellSmart International:

www.wellstart.org

Over 20 years of breastfeeding support.