

Additional Resources from Barbara D. Robertson, BA, MA, IBCLC
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Favorite Books

The Womanly Art of Breastfeeding, by Diane Wiessinger, Diana West, and Teresa Pitman
http://www.amazon.com/Womanly-Art-Breastfeeding-Diane-Wiessinger/dp/0345518446/ref=sr_1_3?s=books&ie=UTF8&qid=1358714251&sr=1-3&keywords=breastfeeding+made+simple

Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers, by Nancy Mohrbacher and Kathleen Kendall-Tackett
http://www.amazon.com/Breastfeeding-Made-Simple-Natural-Nursing/dp/1572248610/ref=sr_1_1?s=books&ie=UTF8&qid=1358714251&sr=1-1&keywords=breastfeeding+made+simple

The Baby Book, by William and Martha Sears. Excellent overall book, has some basic breastfeeding information, encourages parents to trust themselves. Experienced moms keep this volume around for its section on childhood illnesses. The number one book for parents about babies.

Best of the Web

General Information

Kelly Mom
<http://kellymom.com/category/bf/>

La Leche League
<http://www.llli.org/nb.html>
<http://www.llli.org/toolkit>

Jack Newman
<http://www.breastfeedinginc.ca/content.php?pagename=information>

World Health Organization (WHO)
<http://www.who.int/topics/breastfeeding/en/>

Questions about medications and breastfeeding?
<http://kellymom.com/hot-topics/med-risks/>
<http://www.infantrisk.com/categories/breastfeeding>

WomensHealth.Gov

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

Getting started

The breast crawl. Baby has skills!

<http://www.youtube.com/watch?v=zrwfIcPB1u4>

Go about two minutes in. I would encourage you to not be flat on your back. Get comfy, laying back a bit so you can see your baby.

<https://globalhealthmedia.org/portfolio-items/breastfeeding-in-the-first-hours-after-birth/?portfolioID=10861> Many great videos on breastfeeding are on this site! Check them out!

Why skin to skin?

http://www.ncbi.ca/index.php?option=com_content&view=article&id=82:the-importance-of-skin-to-skin-contact-&catid=5:information&Itemid=17

Getting comfortable

Try laying back! This position can be great for getting a good latch.

<http://www.biologicalnurturing.com/>

<https://breastfeedingusa.org/content/article/some-ins-and-outs-laid-back-breastfeeding>

Biological nurturing videos

<http://www.biologicalnurturing.com/video/bn3clip.html>

<http://www.youtube.com/watch?v=OfGxq0ZEjYQ>

Still having trouble? Try this technique to get more tissue in the mouth.

<http://breastfeedingmadesimple.com/challenges/latch-videos/>

Great latching video! Scroll down to Latching a Baby More Comfortably

https://www.youtube.com/channel/UCpm16vvjYnr_KzfpzCbQriw

How do I know if my baby is hungry? Every baby is a bit different.

<http://babygooroo.com/2011/08/signs-that-your-baby-is-hungry/>

Hand expression

Best video by Maya Bolman and Ann Witt

<http://www.bfmedneo.com/BreastMassageVideo.aspx>

Leads to more BF! <http://fn.bmj.com/content/early/2011/06/09/adc.2010.209213.abstract>

Helps make more milk

http://www.nytimes.com/2011/07/26/health/research/26patterns.html?_r=3&src=recg

Watch Stanford University Example <http://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>

Paced bottle feeding

<https://www.youtube.com/watch?v=1cvF1nawMNI>

<https://www.youtube.com/watch?v=TuZXD1hIW8Q&t=22s>

Is your baby getting enough breast milk?

If your baby is not having enough diapers per 24 hours or not gaining enough weight, please call your health care provider right away. *The Diaper Diary* by Kay Hoover and Barbara Wilson Clay can help you figure this out.

<http://www.breastfeedingmaterials.com/products/diaperdiary>

More about diapers

<http://babygooroo.com/2011/08/how-can-i-tell-my-baby-is-getting-enough-to-eat/>

Watch for active feeding, deep chin drops from the baby.

http://www.nbc.ca/index.php?option=com_content&view=category&layout=blog&id=6&Itemid=13

Great video series!

<https://globalhealthmedia.org/portfolio-items/is-your-baby-getting-enough-milk/?portfolioID=10861>

What is the hardest part about breastfeeding?

Sleep? Babies don't sleep well. Here's information about what is normal for babies to do.

<http://kellymom.com/category/parenting/nighttime/>

<https://www.lili.org/faq/cosleep.html>

It is not always perfect!

<http://babygooroo.com/2011/08/parents-thoughts-on-the-hardest-part-of-breastfeeding/>

It gets better and worth it!

<http://babygooroo.com/2011/09/advice-from-other-parents/>

What about partners and breastfeeding?

Crib-side assistance

<http://www.newdadmanual.ca/>

Helping support breastfeeding

<http://babygooroo.com/2011/08/how-can-dad-help-2/>

General information

<http://kellymom.com/pregnancy/bf-prep/bf-links-father/>

Breastfeeding in public and the law

Don't be shy!

<http://kellymom.com/bf/concerns/legal/bfip/#linktips>

U.S. law

<http://www.llli.org/law/lawus.html>

Michigan law

<http://breastfeedinglaw.com/state-laws/michigan/>

<http://www.usbreastfeeding.org/p/cm/ld/fid=25>

Preterm babies

<https://kellymom.com/ages/newborn/nb-challenges/preemie-links/>

Twins

<https://kellymom.com/ages/newborn/bf-basics/bf-links-multiples/>

<https://kellymom.com/tandem-faq/08tandempositioning/>

<http://www.karengromada.com/#>

Trouble?

Find an IBCLC to help you. Well worth the money.

<http://bfcaa.com/breastfeeding-consults/> (southeastern Michigan)

The United States Lactation Consultant Association

<https://uslca.org/resources/find-a-lactation-consultant-map#!directory/map>

Finding quality help with breastfeeding is important. Find an IBCLC (International Board Certified Lactation Consultant)—only breastfeeding helper that you should pay for. It takes 2–4 years to become an IBCLC (much greater level of expertise than someone who has completed a twenty or forty-hour course, or equivalent).

It is okay to need help.

<http://babygooroo.com/2011/08/parents-thoughts-on-the-hardest-part-of-breastfeeding/>

Has your baby had excessive weight loss (over 10%) in the first two days of life? It may be due to excess maternal fluid prenatally or from labor and delivery.

<http://www.ingentaconnect.com/content/springer/clac/2012/00000003/00000002/art00003>

<http://www.internationalbreastfeedingjournal.com/content/6/1/9>

Engorgement? Easy to fix—Call and get help!

<http://www.kellymom.com/store/handouts/concerns/engorgement.pdf>

<http://kellymom.com/bf/concerns/mother/engorgement/>

Reverse Pressure Softening is a great help!

http://kellymom.com/bf/concerns/mother/rev_pressure_soft_cotterman/

Nipple pain? Work on a better latch but if things aren't getting better quickly or you see damage or bleeding, please call an IBCLC.

<http://www.lalecheleague.org/lleaderweb/lv/lvfebmar00p10.html>

<http://kellymom.com/hot-topics/sore-nipples-breasts/>

Could be a vasospasm

<http://www.breastfeedinginc.ca/content.php?pagename=doc-V-RP>

<http://kellymom.com/bf/concerns/mother/nipple-blanching/>

Sore breasts?

Plugged ducts, or mastitis? If you have flu like symptoms, fever, chills, aches, red streaking on your breast, please call your health care provider right away. See also vasospasm links above.

<http://kellymom.com/bf/concerns/mother/mastitis/>

http://www.llli.org/docs/0000000000000001WAB/WAB_Tear_sheet_Toolkit/18_mastitis_whatcanyoudo.pdf

<http://www.breastfeedinginc.ca/content.php?pagename=doc-BD-M>

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