# LACTATION RESOURCES FOR NURSES and CAREGIVERS

*Disclaimers:*

*In the following resources some use the term “breastfeeding” which is used to describe the act of feeding one’s child one’s own milk by any method. “Chestfeeding” and “bodyfeeding” may be preferred terms for people, including transgender and gender nonbinary individuals. Although the terms “woman,” “women,” and “mother” are used in these resources we recognize the existence of diverse gender identities. To provide respectful and compassionate care, the health care provider should always ask individuals what words they use to describe themselves, their bodies, and their health care practices.*

*The creation of this resource list was done by the Northwestern Administrative Perinatal Center to be used as a lactation support reference for nurses providing education to caregivers as well caregivers themselves. The subject matters are those of each individual resource authors and do not necessarily represent the official views nor an endorsement by the APC. \*\*For example, safe co-sleeping strategies are discussed but nurses and caregivers should follow current*[*AAP recommendations for safe sleep*](https://urldefense.com/v3/__https:/www.aap.org/en/news-room/news-releases/aap/2022/american-academy-of-pediatrics-updates-safe-sleep-recommendations-back-is-best/__;!!M0gZt9BicGig!nFXkWodQhstkKUo3uHjxJ0JG6OD_jDjpWnv7ejG8l-3egTR8n3Ih4keun51e-AXsMGEwSfYRkEdb2KVPkim_AA$)*.*

[American Academy of Pediatrics Breastfeeding](http://www.aap.org/breastfeeding) (https://www.aap.org/breastfeeding)

* [American Academy of Pediatrics Policy Statement: Breastfeeding and the Use of Human Milk June 2022](https://publications.aap.org/pediatrics/article/150/1/e2022057988/188347/Policy-Statement-Breastfeeding-and-the-Use-of?_ga=2.258420814.573837694.1656780764-239856457.1656780764?autologincheck=redirected?autologincheck=redirected)
* <https://publications.aap.org/pediatrics/article/150/1/e2022057988/188347/Policy-Statement-Breastfeeding-and-the-Use-of?_ga=2.258420814.573837694.1656780764-239856457.1656780764?autologincheck=redirected?autologincheck=redirected>

[Academy of Breastfeeding Medicine Guidelines](https://www.bfmed.org) [(bfmed.org)](https://www.bfmed.org/)\*\*

* Leading authority in Breastfeeding <https://www.bfmed.org/protocols>

[United States Breastfeeding Committee](https://www.usbreastfeeding.org/) (https://www.usbreastfeeding.org/)

* A powerful coalition of more than 130 organizations that work collaboratively to drive efforts for policy and practices that create a landscape of breastfeeding support across the United States.
* [Federal Policies, Programs and Initiatives](https://www.usbreastfeeding.org/federal-policies-programs--initiatives.html)
  + [Safe to Sleep](https://safetosleep.nichd.nih.gov/)
  + [Guide to Breastfeeding Booklet PDF](https://owh-wh-d9-prod.s3.amazonaws.com/s3fs-public/documents/Your_Guide_to_Breastfeeding_Aug2022.pdf)
  + [It's Only Natural](https://www.womenshealth.gov/its-only-natural)
  + [IHS Baby-Friendly Hospital Initiative](https://www.usbreastfeeding.org/federal-policies-programs--initiatives.html)

[Physician Guide to Breastfeeding](https://physicianguidetobreastfeeding.org/) (https://physicianguidetobreastfeeding.org/)

* Evidence-based breastfeeding guidance for families and the communities that support them, excellent resource for issues with breastfeeding.

[Guide to Breastfeeding Booklet PDF](Guide%20to%20Breastfeeding%20Booklet%20PDF) (https://owh-wh-d9-prod.s3.amazonaws.com/s3fs-public/documents/Your\_Guide\_to\_Breastfeeding\_Aug2022.pdf)

* The U.S. Department of Health and Human Services Office on Women’s Health (OWH) is raising awareness of the importance of breastfeeding to help mothers give their babies the best start possible in life. In addition to this guide, OWH offers online content at www.womenshealth.gov/breastfeeding

[WIC Breastfeeding Support](WIC%20Breastfeeding%20Support)  (https://wicbreastfeeding.fns.usda.gov/about)

* The U. S. Department of agriculture’s food and nutrition service (fns) special supplemental nutrition program for women, infants, and children (WIC) breastfeeding promotion and support campaign. the goal of the campaign is to equip WIC moms with the information, resources and support they need to successfully breastfeed.

[Natural Breastfeeding for an Easier Start](https://www.naturalbreastfeeding.com/) (<https://www.naturalbreastfeeding.com/>)

* [Videos in English and Spanish](https://www.naturalbreastfeeding.com/) that gives the basics to understand breastfeeding and to get off to a good start.

[Medela](https://www.medela.us/breastfeeding/articles)  (<https://www.medela.us/breastfeeding/articles>)

* Breastfeeding guide: 335 articles of support from prenatal to postnatal

[International Breastfeeding Centre](https://ibconline.ca/) https://ibconline.ca/ (also mentions safe co-sleeping)\*\*

* The International Breastfeeding Centre is here to support, encourage and provide help to mothers who would otherwise be disappointed and quit breastfeeding. At our Clinic, we help and support women and babies overcome breastfeeding difficulties
* [Information Sheets](https://ibconline.ca/information-sheets/) (Many more topics than just the ones below)
  + [Expressing Breastmilk](https://ibconline.ca/information-sheets/expressing-breast-milk/)
  + [Latching and Feeding Management](https://ibconline.ca/information-sheets/latching-and-feeding/)
  + [Blocked Ducts and Mastitis](https://ibconline.ca/information-sheets/blocked-ducts-mastitis/)
  + [Herbal Remedies for Milk Supply](https://ibconline.ca/information-sheets/herbal-remedies-for-milk-supply/)

[Mothers' Milk Bank of the Western Great Lakes](http://www.milkbankwgl.org/) https://www.milkbankwgl.org/

* Mothers’ Milk Bank of the Western Great Lakes saves tiny lives by collecting, pasteurizing, and dispensing donor human milk. We provide pasteurized donor human milk to premature and critically ill babies, distribute donor milk to outpatients, and support donor families, including those who are donating after loss.

[Kellymom: Breastfeeding and Parenting](http://www.kellymom.com/)  ([- KellyMom.com](https://kellymom.com/))

* This website was developed to provide [evidence-based information](http://kellymom.com/about/evidence-based-practice/) on breastfeeding and parenting. Trouble shooting guide answers to many questions.

<Droplet> (<https://firstdroplets.com>)

* Videos for getting started for term and early term. Discusses importance of the early days and demonstration on manual expression.
* [ABC’s for Professionals videos Part I and Part II, Tips for Professionals Teaching Hand Expression](ABC’s%20for%20Professionals%20videos%20Part%20I%20and%20Part%20II,%20Tips%20for%20Professionals%20Teaching%20Hand%20Expression) (https://firstdroplets.com/professionals/)

[Hand Expression LPCH Stanford](Hand%20Expression%20LPCH%20Stanford) (<https://www.youtube.com/watch?v=613yqVEtu3I>)

* You Tube Video- Dr. Jane Morton demonstrates how easily hand expression can be taught to mothers. [Stanford Medicine Breastfeeding Education](https://med.stanford.edu/newborns/professional-education/breastfeeding.html)

[MAYA BOLMAN IBCLC](https://www.mayabolman.com/videos/v/breastgymnastics) (<https://www.mayabolman.com/videos/v/breastgymnastics>)

* Use with breast fullness, breast engorgement and plugged duct – “gymnastics technique”

Pumping and Storage of Human Milk/Formula Preparation

[CDC Infant Feeding Hygiene](https://www.cdc.gov/hygiene/childcare/infant-feeding.html) (https://www.cdc.gov/hygiene/childcare/infant-feeding.html)

* [How to keep your pump clean](https://www.cdc.gov/hygiene/childcare/breast-pump.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthywater%2Fhygiene%2Fhealthychildcare%2Finfantfeeding%2Fbreastpump.html)
  + [Print and Go Fact Sheet-English](https://www.cdc.gov/hygiene/pdf/breastpumpkit-clean-508.pdf)
  + [Print and Go Fact Sheet-Spanish](https://www.cdc.gov/hygiene/pdf/breastpumpkit-clean-esp-508.pdf)
* [How to Clean, Sanitize, and Store Infant Feeding Items](https://www.cdc.gov/hygiene/childcare/clean-sanitize.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthywater%2Fhygiene%2Fhealthychildcare%2Finfantfeeding%2Fcleansanitize.html)
  + [Common Questions about Infant Feeding During Emergencies | Nutrition | CDC](https://www.cdc.gov/nutrition/emergencies-infant-feeding/faqs.html)
  + [How to Clean Infant Feeding Items During Emergencies | Nutrition | CDC](https://www.cdc.gov/nutrition/emergencies-infant-feeding/cleaning-feeding-items.html)
  + [How to Prepare and Store Powdered Infant Formula During an Emergency | Nutrition | CDC](https://www.cdc.gov/nutrition/emergencies-infant-feeding/powdered-infant-formula.html)
  + [Facts About Infant Feeding During Emergencies | Nutrition | CDC](https://www.cdc.gov/nutrition/emergencies-infant-feeding/facts.html)
  + [*Cronobacter* Infection and Infants](https://www.cdc.gov/cronobacter/infection-and-infants.html)
  + [Infant Formula Preparation and Storage](https://www.cdc.gov/nutrition/infantandtoddlernutrition/formula-feeding/infant-formula-preparation-and-storage.html)
  + [Proper Storage and Preparation of Breast Milk](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)
  + [Breast Pump Cleaning: Frequently Asked Questions](https://www.cdc.gov/hygiene/childcare/breast-pump-cleaning-FAQ.html)
  + WHO: [Safe Storage and Handling of Powdered Infant Formula Guidelines [PDF – 32 pages]](https://apps.who.int/iris/handle/10665/43659)
  + WIC: [Infant Formula Preparation [PDF – 2 pages]](https://www.dhhs.nh.gov/dphs/nhp/wic/documents/formula.pdf)
  + Healthy Children.org: [Sterilizing and Warming Baby Bottles Guide](https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Sterilizing-and-Warming-Bottles.aspx)
* [Proper Storage and Preparation of Breast Milk](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)
  + [Human Milk Storage Guideline PDF-English](https://www.cdc.gov/breastfeeding/pdf/HumanMilk-en-4x6-508.pdf)
  + [Human Milk Storage Guideline PDF-Spanish](https://www.cdc.gov/breastfeeding/pdf/HumanMilk-sp-4x6-508.pdf)
  + [How to Clean, Sanitize, and Store Infant Feeding Items](https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/cleansanitize.html).
  + [How to Keep Your Breast Pump Kit Clean](https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html).
  + [Freezing and Food Safety](https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/freezing-and-food-safety/CT_Index) – USDA Food Safety and Inspection Service
  + [Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants](https://www.liebertpub.com/doi/full/10.1089/bfm.2017.29047.aje) – Academy of Breastfeeding Medicine
  + [Supporting Breastfeeding Families in Early Care and Education (ECE) Programs](https://www.cdc.gov/obesity/strategies/early-care-education/pdf/Breastfeed-ECE-082022-508.pdf) – CDC
  + [Storage, Handling, and Preparation of Breast Milk in Early Care and Education (ECE) Programs](https://www.cdc.gov/obesity/strategies/early-care-education/pdf/Breastmilk-ECE-082022-508.pdf) – CDC

[ABM Clinical Protocol #8: Human Milk Storage Information for Home Use for Full-Term Infants, Revised 2017](https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/8-human-milk-storage-protocol-english.pdf)(https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/8-human-milk-storage-protocol-english.pdf)

Medication and Breastfeeding

[InfantRisk](http://InfantRisk)  (www.infantrisk.com)

* Information/call center about safe medications for breastfeeding
* [Handout Regarding Safe Medication While Breastfeeding from Infant Risk](https://www.infantrisk.com/sites/default/files/2021-04/N24334_IRC_Flyer_edit.pdf)

[Breastfeeding Traffic Light](https://gallery.mailchimp.com/244750cf0d942e5d1b1ca3201/files/e93d6b02-6dfc-471b-bac3-3b01a2dfa17f/Breastfeeding_Traffic_Light_Revised.pdf) (ILPQC Resource)

Post Discharge Support for Lactating Care Givers

[North Shore Lactation](North%20Shore%20Lactation) (https://www.northshorelactation.com/)

* Nationwide virtual support with IBCLC’s

[La Leche League International](La%20Leche%20League%20International) (<https://llli.org/>)

* 1-800-LALECHE (525-3243)
* [La Leche League of Lombard](https://llloflombard.weebly.com/)
* [La Leche League Alliance](https://lllalliance.org/)

Work and Pump.com ([www.workandpump.com](http://www.workandpump.com))

* For working moms wanting to continue giving breast milk

New Mom Health ([www.newmomhealth.com)](http://www.newmomhealth.com/)

* A village for mothers, the fourth trimester project
* <https://newmomhealth.com/resources/>

<Gerber> (<https://medical.gerber.com/patient-resources>)

* Free 24/7 support provided regarding breast feeding, diet and sleep (from Gerber) at gerber.com/support or 1-800-284-9488.

[Instagram legendairymilk](https://www.instagram.com/legendairymilk/?hl=en%20%E2%80%93)

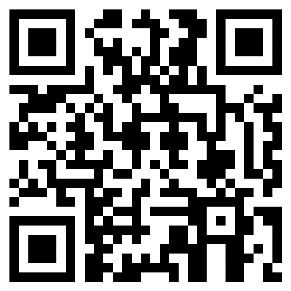
(<https://www.instagram.com/legendairymilk/?hl=en%20%E2%80%93>)

* Good tips on breastfeeding and lots of resources, they also have a Facebook page and a [website](https://www.legendairymilk.com/).

Link to Updated APC Lactation Resource Document

[APC Lactation Resources.docx](https://luriechildrens-my.sharepoint.com/:w:/g/personal/kbenbrook_luriechildrens_org/EftB4Kbzpi9Kv75V_eXgqWkBC4ao1xXSmlVtCfs-0tNTTQ?e=bXQke5)

Link/QR Code to Suggest Edits and/or Additional Resources to Share



<https://forms.office.com/r/U4tsWzthbE>