

Internet Resources for Pregnant Women & New Parents

These internet resources have information about getting breastfeeding off to the best start possible. The first section contains general information and the second page is specifically about pumping and expressing. The commercial sites included have been reviewed for their educational information and are *not* product endorsements. (Updated 12/6/2019)

[Baby Gooroo](#) has information related to all things baby, especially breastfeeding. [Short video clips](#) (1-3 minutes) are very informative and demonstrate latch, positioning, feeding cues in addition to many other topics of interest to new parents. The *Sleep* tab is very thorough - highly recommend reading ALL of it.

[Breastfeeding 101](#) is USDA WIC's comprehensive breastfeeding resource site for pregnant women and new moms. Also has great information by stage of breastfeeding and resources for families and friends.

[International Breastfeeding Centre](#) Dr. Jack Newman, MD, IBCLC has [videos on latch, positioning, compression](#) and [handouts](#) on common breastfeeding issues for viewing, downloading and printing.

[California WIC Baby Behavior](#) provides short videos on cues babies give that indicate hunger, fullness, or *I just wanna be held*. [MN WIC Baby Behavior Education playlist](#) breaks behavior videos into even shorter segments. Another good one on cues – [Newborn Cues: What is Your Baby Trying to Say to You?](#)

Child Care - [How to Support Breastfeeding Mothers & Families](#): A Simple Guide for Child Care Providers. Eleven minute video on how child care providers can support breastfeeding families.

[Kellymom](#): Parenting & breastfeeding website is user-friendly with updated evidence-based information. Some topics include:

- [Baby's Second Night](#)
- [Cluster feeding and fussy evenings \(colic\)](#)
- [Sleeping Through the Night](#)
- [Will giving formula or solids at night help baby to sleep better?](#)
- [I'm not pumping enough milk. What can I do?](#)
- [How much expressed milk will my baby need?](#)

[It's Only Natural](#) provides breastfeeding information and tips for African American women and their families.

[La Leche League International](#) has links to finding free [local support groups](#), Leaders, articles, FAQs and information in many other languages.

[Laid-back positioning](#) 3 minute video shows a great way to breastfeed for all new moms to learn and use.

[Mommymeds](#) – Evidence-based information on the use of **medications**, and the effect of some disease conditions during pregnancy and breastfeeding.

[Minnesota Breastfeeding Coalition](#) has information about breastfeeding in the workplace, state laws that support breastfeeding and resources for mothers, employers, health care and child care providers.

[Natural Breastfeeding for an Easier Start](#) video is 38 minutes on laid back positioning for newborns and other useful info to get off to a great start. [Nancy Mohrbacher's website](#) has infographics, handouts, podcasts, and blog posts on many popular topics most of which are free to download.

[Paced Bottle Feeding](#) shows how to bottle-feed any baby to help prevent overfeeding. Many moms think they don't make enough milk because they are told they need to pump more for baby while mom is away.

Postpartum Depression & Baby Blues

- [BabyGooRoo Postpartum Depression](#)
- [Depression or Anxiety During & After Pregnancy](#) – MDH information, materials in a variety of languages.
- [Pregnancy & Postpartum Support Minnesota](#), and [Postpartum Support International](#)

[Your Guide to Breastfeeding](#) – Health benefits for mom and baby, what you can do to prepare, common questions, challenges and solutions.

Mobile App

[Coffective](#) – Information for all interested in getting breastfeeding off to a great start by knowing what to expect in the hospital and the first few days. Short videos, downloadable materials and a **free mobile app**.

Going back to work or school?

Pumping, Breast Pumps, Hand Expression, and Bottle-feeding Resources on the Internet

[Breast Feeding Medicine of NE Ohio](#) has an excellent 5 minute video on how to do hand expression - a skill for all breastfeeding moms to learn.

Dr. Jane Morton a physician at Stanford University School of Medicine has excellent [breastfeeding videos](#).

- [Hand Expression of Breastmilk](#). All who breastfeed should watch this 7.5 minute video.
- [Maximizing Milk Production with Hands on Pumping](#) – excellent for those who will be separated from baby due to work, school or hospitalization.
- [Breastfeeding in the First Hour](#) – 12 minute video to help with successful breastfeeding from birth.

[Ameda](#), a breast pump manufacturer, has information pages and videos on pumping available in English and Spanish.

[Breastmilk. Every Ounce Counts](#). Great information for getting off to a good start and what to expect in the early days. Provides a checklist for those working outside the home.

[Breast Pump Brands](#) from Consumer Affairs is independent and provides consumer reviews of many breast pumps. [The Pumping Mommy](#), has a **review** guide of breast pumps that include the latest pumps available and details about the features of each type of pump. This site accepts sponsors and has advertisements.

[Kellymom.com](#) has many helpful topics for working mothers who [pump due to work or school](#).

[Medela](#), a breast pump manufacturer, has tips and videos for how to use their pumps.

[Storage and handling breastmilk guidelines](#) from the American Academy of Pediatrics. Tips on handling along with how long breastmilk can be stored in the fridge or freezer. Also has info on use of leftover breastmilk!

Cultural Breastfeeding Practices and Education Materials in Multiple Languages

[EthnoMED](#) has written information about breastfeeding topics by certain cultures.

[Global Health Media](#) has excellent multicultural breastfeeding videos beautifully narrated on a variety of topics.

[Health Information Translations](#) provides written health education resources in multiple languages on a variety of topics including breastfeeding basics and common problems.