Breastfeeding Resources on the Internet

Websites for the Public

  Breastfeeding information and more from a mom who is also a lactation consultant
  Real stories and great general advice about many breastfeeding issues
- **Breastfeeding Inc** - [http://www.breastfeedinginc.ca/](http://www.breastfeedinginc.ca/)
  Up-to-date information for parents
  A lactation consultant offers specific guidelines to make breastfeeding easier
- **Breastfeeding Information** - [www.breastfeedingonline.com](http://www.breastfeedingonline.com)
- **Breastfeeding USA** - [https://breastfeedingusa.org/breastfeeding-information](https://breastfeedingusa.org/breastfeeding-information)
  Contains an extensive online library providing evidence-based information and support.
- **Breastfeeding after breast or nipple surgeries** - [http://bfar.org](http://bfar.org)
- **San Diego Breastfeeding Center, LLC.** - [http://sdbfc.com/blog](http://sdbfc.com/blog)
  Motherhood, parenting, and breastfeeding support. Helping moms survive Breastfeeding challenges. The Sanity spot is a blog with advice for the new mom.
- **Breastfeeding Coalition of Oregon** - [www.breastfeeding.OR.org](http://www.breastfeeding.OR.org)
  The Breastfeeding Coalition of Oregon is a state-wide organization dedicated to supporting, promoting and protecting breastfeeding.
- **Low Milk Supply** - [http://www.lowmilksupply.org](http://www.lowmilksupply.org)
  Provides information and support to mothers who are experiencing low milk production
- **Mothers Overcoming Breastfeeding Issues** [http://www.mobimotherhood.org/MM/default.aspx](http://www.mobimotherhood.org/MM/default.aspx)
  Solutions and closure for women who are having difficulty breastfeeding
- **Post Partum Depression** - [http://postpartum.net/](http://postpartum.net/)
  Learn more on this topic at this site

Working and Breastfeeding

  Information for mothers combining working outside the home and breastfeeding
- **The Milk Memos** - [http://www.milkmemos.com](http://www.milkmemos.com)
  How Real Moms Learned To Mix Business with Babies -- And How You Can, Too.
- **Maximizing Milk Production** - [http://newborns.stanford.edu/Breastfeeding/MaxProduction.html](http://newborns.stanford.edu/Breastfeeding/MaxProduction.html)
- **Oregon WIC Website - Workplace Support**
  [http://public.health.oregon.gov/HealthyPeopleFamilies/Babies/Breastfeeding/Pages/workplace.aspx](http://public.health.oregon.gov/HealthyPeopleFamilies/Babies/Breastfeeding/Pages/workplace.aspx)

Other Breastfeeding-related Topics

- **Secrets of Baby Behavior** - [http://www.secretsofbabybehavior.com](http://www.secretsofbabybehavior.com)
- **CDC-Breastfeeding** - [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)
- **Northwest Mothers Milk Bank** - [http://www.nwmmb.org/](http://www.nwmmb.org/)
  For mothers that want to donate breast milk for babies in need
- **Short video clip of baby latching onto breast** - [https://vimeo.com/11692547](https://vimeo.com/11692547)