

Breastfeeding Resources on the Internet

Websites for the Public

- **Kellymom** - <http://www.kellymom.com/>
Breastfeeding information and more from a mom who is also a lactation consultant
- Breastfeeding - <http://www.breastfeeding.com/>
Real stories and great general advice about many breastfeeding issues
- Breastfeeding Inc - <http://www.breastfeedinginc.ca/>
Up-to-date information for parents
- Breastfeeding Made Simple - <http://www.breastfeedingmadesimple.com/>
A lactation consultant offers specific guidelines to make breastfeeding easier
- Breastfeeding Information - www.breastfeedingonline.com
- Breastfeeding USA - <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>
- San Diego Breastfeeding Center, LLC. - <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
The Breastfeeding Coalition of Oregon is a state-wide organization dedicated to supporting, promoting and protecting breastfeeding.
- Low Milk Supply - <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>
Solutions and closure for women who are having difficulty breastfeeding
- Post Partum Depression - <http://postpartum.net/>
Learn more on this topic at this site

Working and Breastfeeding

- Work and Pump - <http://www.workandpump.com/>
Information for mothers combining working outside the home and breastfeeding
- The Milk Memos - <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>
- Oregon WIC Website - Workplace Support
<http://public.health.oregon.gov/HealthyPeopleFamilies/Babies/Breastfeeding/Pages/workplace.aspx>

Other Breastfeeding-related Topics

- **Secrets of Baby Behavior** - <http://www.secretsofbabybehavior.com>
- **Hand Expression Information** - <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
- Attachment Parenting International - <http://www.attachmentparenting.com/parentingtopics/breastfeeding.php>
- CDC-Breastfeeding - www.cdc.gov/breastfeeding
- Office on Women's Health - <http://www.womenshealth.gov/Breastfeeding/>
- Northwest Mothers Milk Bank - <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>