

2021

# BREASTFEEDING WEBSITES

Looking for breastfeeding information online? Here are some great resources.

## **North Dakota Department of Health**

[health.nd.gov/breastfeeding](http://health.nd.gov/breastfeeding)

Site features:

ND breastfeeding laws

Breastfeeding in the workplace

Infant Friendly designated businesses

## **WIC Breastfeeding Support**

[WICbreastfeeding.fns.usda.gov](http://WICbreastfeeding.fns.usda.gov)

Site features:

Breastfeeding 101

Common questions and challenges

Going back to work

## **U.S. Department of Health and Human Services**

[womenshealth.gov/breastfeeding](http://womenshealth.gov/breastfeeding)

Site features:

*Your Guide to Breastfeeding* magazine

National breastfeeding helpline

(800-994-9662)

## **American Academy of Pediatrics**

[healthychildren.org](http://healthychildren.org)

Site features:

Breastfeeding articles

Parenting information

## **Kelly Mom**

[kellymom.com](http://kellymom.com)

Site features:

Pregnancy

Breastfeeding

Ages & stages

## **Breastmilk Every Ounce Counts**

[breastmilkcounts.com](http://breastmilkcounts.com)

Site features:

Preparing for breastfeeding

Your milk supply

Breastfeeding and working

## **Stanford School of Medicine**

<http://med.stanford.edu/newborns/professional-education/breastfeeding>

Site features:

Videos on hand expression

Breastfeeding resources

## **La Leche League International**

[l.li.org](http://l.li.org)

Site features:

Breastfeeding info A to Z

Find local support

Breastfeeding support Facebook group

## **Dr. Jack Newman**

[ibconline.ca](http://ibconline.ca)

Site features:

Info sheets

Breastfeeding videos

## **Coffective Breastfeeding App**

Free app features breastfeeding resources for moms and families



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