



VALLEY PEDIATRIC ASSOCIATES, LLC

9 Park Center Court • Suite 150 • Owings Mills, MD 21117

Phone: 410-902-7710 • Fax: 410-902-4410

Website: ValleyPediatrics.com

BREASTFEEDING INFORMATION

WEBSITES:

www.la lecheleague.org LaLeche League Internat'l. Largest organization for breastfeeding info and support.

www.breastfeedingonline.com Empowering and education women.

www.medela.com -- manufacturer of top quality breast pumps. Site with lots of good information.

<http://www.womenshealth.gov/breastfeeding/> 800-994-9662 *The National Breastfeeding Helpline*. U.S. Department of Health and Human Services' (HHS) Office on Women's Health has trained breastfeeding peer counselors to help answer common breastfeeding questions. Monday through Friday, 9 a.m. to 6 p.m., EST
<http://www.womenshealth.gov/printables-and-shareables/resource/guides> for wonderful (FREE!!) a printable booklet, "Your Guide to Breastfeeding."

<http://CDC.gov/breastfeeding>

<http://Kellymom.com>

<http://pregnant.thebump.com/new-mom-new-dad/breastfeeding.aspx> Breastfeeding advice from The Bump

Paced bottle feeding information, when using a bottle on breast fed infants.

<https://www.youtube.com/watch?v=UH4T70OSzGs>

BOOKS

Breastfeeding Made Simple. Nancy Mohrbacher, IBCLC, FILCA, Kathleen Kendall-Tackett, PhD, IBCLC.

The Nursing Mother's Companion. Huggins, Kathleen, R.N., M.S.

The Womanly Art Of Breastfeeding. La Leche League International,

Nursing Mother, Working Mother. Gale Priot.