**Online Breastfeeding Resource links**

**Updated 12/2018**

**Baby Prep #1**

 “Does Formula Stack Up?” <http://breastmilkcounts.com/moms-playground/educational-games/>

“¿Qué diferencia hay entre la leche materna y la formula?”

<http://www.cadaonzacuenta.com/moms-playground/educational-games/>

Video – Melek <https://www.youtube.com/watch?v=Mqa7c-wKjZI>

Video – Paola <https://www.youtube.com/watch?v=2EaQcNuBA2M>

**Baby Prep #2**

Dad’s support <http://breastmilkcounts.com/teamwork/for-dad/>

Grandma support <http://breastmilkcounts.com/teamwork/for-grandma/>

Friends/family <http://breastmilkcounts.com/teamwork/friends-and-family/>

24 Hour Crib side Assistance <http://newdadmanual.ca/>

Apoyo del padre: <http://www.cadaonzacuenta.com/teamwork/for-dad/>

Apoyo de la abuela: <http://www.cadaonzacuenta.com/teamwork/for-grandma/>

Apoyo familiar/amigos: <http://www.cadaonzacuenta.com/teamwork/friends-and-family/>

Compassionate Communication – E / Sp <http://www.wiseheartpdx.org/>

**Baby Prep #3**

Doula services:

<http://birthingway.edu/services/find-a-labor-doula/student-labor-doulas/>

<http://pdxdoulas.org/>

<https://www.facebook.com/doulaslatinas/>

Birthing Class registration:

St. V’s call **503-574-6595** or online <https://weblinkplus.providence.org/weblink/#!/classes/find>

Tuality Education Center: 503-681-1700

<https://www.tuality.org/tuality/index.php/community_education/listing/C4>

Labor Positions English:

<http://www.babycenter.com/2_positions-to-ease-labor-pain_3656514.bc>

Labor Positions Spanish:

<http://espanol.babycenter.com/v6100079/posiciones-para-aliviar-el-dolor-del-parto-video>

English laid back bf:

<https://www.youtube.com/watch?v=qwy-fgE7Lok>

Spanish Laid back bf:

<https://www.youtube.com/watch?v=YXxwx-B1i-o>

**Baby Prep #4**

Breastfeeding in the First Hour (Dr. Jane Morton):

<https://med.stanford.edu/newborns/professional-education/breastfeeding/breastfeeding-in-the-first-hour.html>

English Hand Expression:

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

Spanish Hand Expression Video: <https://www.youtube.com/watch?v=mfUv5AkBFV4>

Spanish Hand Expression (interactive from breastmilk counts):

<http://www.cadaonzacuenta.com/moms-playground/educational-games/softening-and-expressing/>

Colostrum syringes – Amazon:

[https://www.amazon.com/Pack-10ml-Medication-Syringes-Needle/dp/B01HDXZR5E/ref=sr\_1\_2?ie=UTF8&qid=1512170463&sr=8-2&keywords=medical+supplies+oral+dispensing+syringe](https://www.amazon.com/Pack-10ml-Medication-Syringes-Needle/dp/B01HDXZR5E/ref%3Dsr_1_2?ie=UTF8&qid=1512170463&sr=8-2&keywords=medical+supplies+oral+dispensing+syringe)

Self-care: <http://www.breastmilkcounts.com/self-care/>

Cuidado personal: <http://www.cadaonzacuenta.com/self-care/>

Packing list for hospital – sp:

<https://espanol.babycenter.com/a4500133/lista-de-lo-que-puedes-llevar-al-hospital-para-el-parto>

**Baby Prep #5**

Baby behavior <http://breastmilkcounts.com/getting-prepared/baby-behavior-whats-normal/>

El comportamiento del bebe-¿qué es normal?

 <http://www.cadaonzacuenta.com/getting-prepared/baby-behavior-whats-normal/>

Guide to Breastfeeding:

<https://www.womenshealth.gov/files/documents/your-guide-to-breastfeeding.pdf>

Ready, Set, Baby Guide (Spanish)

<https://sph.unc.edu/files/2017/10/CGBI_RSB-V3-Booklet-2018_Spanish_Secured_no-marks.pdf>

llli Tearsheet Toolkit:

<https://www.llli.org/docs/0000000000000001WAB/laleche_ch_20_tear-sheet_toolkit.pdf>

Post-partum depression info/survey (for staff only):

<http://praeclaruspress.com/wp-content/uploads/2013/08/postpartum-at-a-glance-4.pdf>

Spanish review of bf steps to success:

<https://www.youtube.com/watch?v=zp4X_sR6D-s&list=PLzo_XsTlLXnf5ViwLK8OPoT6jYLze7CcY&index=4>

Spanish Video “Is your baby getting enough milk?”:

<https://www.youtube.com/watch?v=73m5VHkFNfA>

**Post-partum**

**Anxiety/Depression (printable resources):**

<http://babybluesconnection.org/finding-help/printable-resouces/>

**Attachment parenting website:**

<http://www.attachmentparenting.org/>

**BFAR (Breastfeeding After Reduction):**

<http://www.bfar.org/possible-augmentation.php>

**Cold remedies compatible w/ breastfeeding:**

<http://kellymom.com/bf/can-i-breastfeed/meds/cold-remedy/>

**Induce lactation:**

<https://kellymom.com/bf/got-milk/relactation/>

<https://www.asklenore.info/breastfeeding/induced_lactation/accelerated_protocol.shtml>

Increase Milk production (Spanish):

<https://elembarazo.net/remedios-galactogenos.html>

Recipe for Galactagogic shake (Spanish):

<https://peru.com/mujeres/soy-mama/maternidad-lactancia-mujeres-leche-materna-batido-receta-noticia-526797>

**Latching & Positioning (Global Health Media):**

<https://globalhealthmedia.org/portfolio-items/attaching-your-baby-at-the-breast/>

**Paced Bottle Feeding Video:**

<https://www.youtube.com/watch?v=OGPm5SpLxXY>

Spanish video: <https://www.youtube.com/watch?v=oekSP7cmtEk>

**Preparing for RTW – How much milk to provide daycare:**

<https://kellymom.com/bf/pumpingmoms/pumping/milkcalc/>

Tools for Bottle Feeding (Kellymom& babycenter):

<https://kellymom.com/ages/newborn/newborn-concerns/alternative-feeding/>

<https://www.babycenter.com/400_how-can-i-get-my-baby-to-take-a-bottle_500130_1.bc>

Return to Work by State resources:

<https://www.abetterbalance.org/resources/state-laws-for-nursing-mothers-at-work/>

**Preemies:** <http://breastmilkcounts.com/benefits/good-for-preemies/>

Prematuros: <http://www.cadaonzacuenta.com/benefits/good-for-preemies/>

**Pumping:**

Hands on Pumping: <https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>

Breastpump (Edgepark) - <https://pages.email.edgepark.com/bp/eligibility/form/?rc=EPBPWTE>

Medela pump flange fit:

<http://blog.medelabreastfeedingus.com/2015/05/medela-breastshield-sizing-guide/>

Medela customer service:

<http://www.medelabreastfeedingus.com/customer-service>

Hygeia pump assembly:

English:  <https://www.youtube.com/watch?v=5_n-XzDDU2s>

Spanish:  <https://www.youtube.com/watch?v=2qDpDpfvV9s>

**Breastmilk Storage Guidelines:**

<http://www.womenshealth.gov/breastfeeding/pumping-and-breastmilk-storage.html>

Spanish Breastmilk storage:

<http://www.cadaonzacuenta.com/your-milk-supply/pump-and-store/>

**Reverse Pressure Softening**:

<http://kellymom.com/bf/concerns/mother/rev_pressure_soft_cotterman/>

**Safe sleep guidelines:**

<http://cosleeping.nd.edu/safe-co-sleeping-guidelines/>

<https://www.llli.org/breastfeeding-info/safe-sleep-breastfeeding-babies/>

<https://www.llli.org/breastfeeding-info/sleep-bedshare/>

**Tongue/Lip Tie Resources:**

<http://drghaheri.squarespace.com/>

<https://www.facebook.com/DrGhaheriMD/>

**TSA rules – traveling w/ breastmilk, formula & juice:**

<https://www.tsa.gov/travel/special-procedures/traveling-children>

Twins: <http://breastmilkcounts.com/benefits/good-for-multiples/>

Gemelos: <http://www.cadaonzacuenta.com/benefits/good-for-multiples/>

**General Breastfeeding Resources**

<http://breastmilkcounts.com/>

<http://www.cadaonzacuenta.com/>

La Leche League Int’l : (can translate to any language)

<https://www.llli.org/breastfeeding-info/>

**Videos**

Breastmilkcounts videos:

<https://www.youtube.com/watch?v=vVLjJIG0zuI> Janet

<https://www.youtube.com/watch?v=Mqa7c-wKjZI> Melek

<https://www.youtube.com/watch?v=Hua4_AVrUow> Alison

<https://www.youtube.com/watch?v=Gs8S0AcaaP8> Whitney

<https://www.youtube.com/watch?v=9tXnZxdpc9s> Desiree

<https://www.youtube.com/watch?v=SI8YyVVXZMg> Caitlin

<https://www.youtube.com/watch?v=pfmaXJX5C48> Right to Breastfeed

<https://www.youtube.com/watch?v=Ifl3js8xKzg> Duquesa

<https://www.youtube.com/watch?v=EbqbC9-GZRk> La Tosha

Cadaonzacuenta videos:

<https://www.youtube.com/watch?v=2EaQcNuBA2M> Paola

<https://www.youtube.com/watch?v=2urpfM_e1Q0> Susana

<https://www.youtube.com/watch?v=LThBjEvmy-g> Maria-Beatriz

<https://www.youtube.com/watch?v=etl86gTBXdc> Linda

<https://www.youtube.com/watch?v=gGO-iHZoI0c> Patricia

24 videos from DHS Texas:

<https://www.youtube.com/watch?v=gGO-iHZoI0c&index=22&list=PL7xet9qFzOjX8swdDmuKm_r5tZhG_ojw7>

**Induction video from Baby Center:**

<https://www.babycenter.com/2_live-birth-induction_10300051.bc>

**WIC – other**

WIC Online nutrition ed. Classes: <https://www.wichealth.org/>

Register using your 8-digit WIC Family ID & Agency name (Washington County)

General WIC email address:

please email wic@co.washington.or.us.

WIC Shopper App:

<https://itunes.apple.com/us/app/wicshopper/id614569159?mt=8>

FARMER’S MARKET SCHEDULE 2018:

<https://www.co.washington.or.us/HHS/WIC/FoodBenefitsNutrition/farmers-markets.cfm>

CBD OIL & BF – Dr. Hale comment:

<https://www.infantrisk.com/forum/forum/medications-and-breastfeeding-mothers/medications-and-mothers-milk/10667-cbd-oil-medicinal-cannabis>