

Breastfeeding Resources

We are committed to supporting your choice to breastfeed. The list below includes helpful brochures, websites and other resources. Please reach out to a member of your care team if you have any questions or concerns.

Understanding Postpartum Health & Baby Care guide (InJoy Health Education) This booklet has information from educators and experts about postpartum health, breastfeeding topics and more. Ask your nurse for this guide if you do not already have it.

Northwestern Memorial Hospital patient education brochures

These brochures cover a variety of postpartum topics. Go to [nm.org/patients-and-visitors/patient-education](https://www.nm.org/patients-and-visitors/patient-education) to access these:

- Baby's Behavior: First Few Days
- Bottle Feeding Your Baby
- Breast Milk Expression for Patients with Flu
- Breast Pump Usage and Milk Storage Guidelines: NICU
- Breastfeeding Log
- Breastfeeding Multiple Babies
- Breastfeeding Pre-term and Late Pre-term Babies
- Feeding Your Newborn: The First 24 Hours
- Good Nutrition During Lactation
- Nipple Shields
- Pumping Breast Milk
- Skin-To-Skin Care

Center for Disease Control and Prevention (CDC)

Look for resources to promote and support optimal breastfeeding practices.

- [cdc.gov/breastfeeding/index.htm](https://www.cdc.gov/breastfeeding/index.htm)



Droplet

Browse and download videos that cover hand expression, pumping and more.

- [firstdroplets.com/downloads](https://www.firstdroplets.com/downloads)



Kelly Mom

Visit this helpful website for breastfeeding information, parenting help and educational handouts.

- kellymom.com



La Leche League International

This long-standing nonprofit provides breastfeeding resources, help and support. Leave a message at 877.452.5324 and a counselor will return your call in 24 to 48 hours.

- lalli.org



March of Dimes

Search for health topics for mother and baby care including breastfeeding.

- marchofdimes.org



Physician Guide to Breastfeeding

Gives evidence-based breastfeeding guidance and education for families.

- physicianguidetobreastfeeding.org



U.S. Department of Agriculture Women, Infants and Children (WIC) Breastfeeding Support

Find breastfeeding education and support throughout the stages of breastfeeding.

- wicbreastfeeding.fns.usda.gov



U.S. Lactation Consultant Association

Find a lactation consultant.

- uslca.org/resources/find-an-ibclc



U.S. Department of Health and Human Services National Breastfeeding Resources

Call for breastfeeding resources Monday through Friday, 8 am to 5 pm CST.

- 800.994.9662 (TTY: 888.220.5446)
- [womenshealth.gov/pregnancy/getting-ready-baby/breastfeeding](https://www.womenshealth.gov/pregnancy/getting-ready-baby/breastfeeding)



U.S. Department of Health and Human Services Office on Women’s Health (OWH)

Find information on women’s health, how to breastfeed and breastfeeding health benefits.

- [womenshealth.gov/breastfeeding](https://www.womenshealth.gov/breastfeeding)



World Health Organization (WHO)

Find recommendations, fact sheets and breastfeeding resources.

- [who.int/health-topics/breastfeeding](https://www.who.int/health-topics/breastfeeding)

