

Breastfeeding Resources for Parents



Top Four Resources

First Droplets –

<https://firstdroplets.com/abcs/>

Guidance for breastfeeding right after delivery, during the first hours, for the first five days, also in Spanish*

Ready, Set, BABY –

<https://www.readysetbabyonline.com>

Comprehensive recommendations for breastfeeding parents, also in Spanish and Arabic

New Mom Health –

<https://newmomhealth.com/breasts>

Resources and information for families; building a village in the fourth trimester, also in Spanish

Office of Women’s Health: Your Guide –

<https://www.womenshealth.gov/patient-materials/resource/guides>

Download or print Your Guide to Breastfeeding. Answers to every feeding question.

Apps and Video Platforms

Coffective-

<https://coffective.com/learn-home/>

An app with step-by-step resources on how to get ready for your baby, positioning, and other essentials.

Mommy Meds for Moms –

<https://www.infantrisk.com/infantrisk-center-resources>

An app to scan your prescriptions to ensure safe feeding for your baby, safety practices and other information.

Global Health Media- Breastfeeding Series-

<https://globalhealthmedia.org/topic/breastfeeding/>

Educational videos in over 46 languages available, showing how to improve positioning, latch and more.

Office of Women’s Health Videos-

<https://www.womenshealth.gov/patient-materials/resource/videos>

Short videos answering FAQs on breastfeeding including addressing low milk supply, pumping and more.

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Resources for Parents Returning to Work

Pregnant Workers Fairness Act-

<https://www.abetterbalance.org/resources/pregnant-workers-fairness-act-explainer/>

Explains how the new law, the Pregnant Workers Fairness Act, affects you

PUMP Act Explained-

<https://worklifelaw.org/wp-content/uploads/2023/01/PUMP-Act-Explainer.pdf>

This accessible document breaks down the PUMP act for parents returning to work.

Additional Resources

La Leche League-

<https://llusa.org/bfinfo/>

All your questions on breastfeeding answered by a reputable source.

Kelly Mom Breastfeeding Information-

<https://kellymom.com/category/bf>

Answers to specific and the most common breastfeeding questions

WIC Breastfeeding Resources-

<https://wicbreastfeeding.fns.usda.gov/>

Includes common breastfeeding questions answered, misconceptions addressed, benefits and more.

Philadelphia Department of Public Health -

<https://www.phillylovesfamilies.com/breastfeeding-and-chestfeeding>

Valuable information on latch and positioning for breastfeeding parents.

Pennsylvania Department of Health Resource Guide-

<https://www.health.pa.gov/topics/programs/Breastfeeding/Pages/Breastfeeding.aspx>

The resource guide contains information on support in your area.

Zip Milk-

<https://www.zipmilk.org/>

Put in your zip code and find breastfeeding support near you.

PA Breastfeeding Coalition-

<https://www.pabreastfeeding.org/>

A coalition providing resources and other information, to support breastfeeding in Pennsylvania.

Human Milk Storage Guidelines-

https://www.cdc.gov/breastfeeding/pdf/preparation-of-breast-milk_H.pdf

Explains safe storage methods, temperature recommendations and preparation for human milk.

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Infant and Young Child Feeding in Emergencies Toolkit-

<https://www.cdc.gov/nutrition/emergencies-infant-feeding/introduction.html>

The toolkit explains how to plan for feeding infants during a disaster or a public health emergency.

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****Breastfeeding is the most widely practiced form of lactation, or human milk feeding, and this term is used in current statistics. "Human milk feeding" is a more inclusive term that covers all forms of lactation, including chestfeeding, body feeding, pumping, donor milk and bridge milk feeding, and which is becoming more widely used in the field of lactation.***

If you have additional questions, please contact your healthcare provider.