



IABLE

Institute for the Advancement
of Breastfeeding & Lactation Education



Breastfeeding & Lactation Educational Resources for Families

The US National Breastfeeding Helpline 1-800-994-9662

Websites

The Office of Women's Health [Breastfeeding Website](#)

[Your Guide to Breastfeeding](#): Free comprehensive guide on breastfeeding for families

Ready, Set Baby Website <https://www.readysetbabyonline.com/>

[First Droplets](#) – This website reviews how to ensure adequate milk production, and is especially helpful for those with risk factors for lower milk production or for parents of babies in the NICU.

[La Leche League](#) is an international, nonprofit, nonsectarian organization dedicated to providing education information, support, and encouragement to women who want to breastfeed.

Videos

Global Health Media's [Breastfeeding Series](#): Helpful videos about how to directly feed baby.

[UNICEF's hand expression video](#) can help with learning hand expression.

[IABLE's videos](#) can help with latch and positioning, pump fitting, and feeding your baby expressed human milk.

Books

Wiessinger D, West D, Pitman T. La Leche League [The Womanly Art of Breastfeeding 8th edition](#) Ballantine Books. 2010.

Spangler A, Adams Rivera C. [Breastfeeding: A Parent's Guide](#), 10th Edition. 2021.

Social Media Accounts

There are many social media accounts that discuss breastfeeding. While some accounts have helpful content, this medium is rapidly changing and it is hard to know who is producing the best content. Talk to a lactation specialist about the quality of the accounts you are following or ask them for recommendations.

Back to Work

U.S. Dept of Health and Human Services [Office on Women's Health](#) has many great resources:

[Breastfeeding and Going Back to Work](#)

[The Business Case for Breastfeeding](#)

Breastfeeding Legislation

[USBreastfeeding.org](#)

Troubleshooting Lactation

U.S. National Library of Medicine [Drugs and Lactation Database \(Lactmed\)](#) – this is a free database on medications during lactation

[Trash the Pump and Dump](#) – a website and app that discusses common reasons that people are told to ‘pump and dump’ and why this is rarely needed.

[Postpartum Support International](#) – a nonprofit dedicated to postpartum depression and support

Children's Books about Breastfeeding

[The Physician Guide to Breastfeeding's list of children's books](#) about breastfeeding and weaning. (And some other books as well for parents.)