



PNP's List of Recommended Websites and Videos for Lactation Support

Helpful Websites for Lactation Support	URL	Strengths of Website
Kellymom.com	Kellymom.com	<ul style="list-style-type: none"> ● Offers an excellent preparing to breastfeed section ● Addresses over 100 commonly asked breastfeeding questions
La Leche League	www.llli.org	<ul style="list-style-type: none"> ● Offers a massive, alphabetized database of common breastfeeding topics ● Search function for local breastfeeding support groups ● Publishes bimonthly breastfeeding magazine entitled <i>Breastfeeding Today</i>
U.S. Dept of Health and Human Services: Office on Women's Health	Womenshealth.gov/breastfeeding	<ul style="list-style-type: none"> ● Addresses common breastfeeding challenges ● Addresses pumping and storage of breast milk

Helpful Videos for Lactation Support	URL	Strengths
First Droplets	firstdroplets.com	<ul style="list-style-type: none"> ● Video on how to use electric pump ● Video on early breast feeding after delivery and hand expression
Nancy Mohrbacher	Naturalbreastfeeding.com and Youtube videos	<ul style="list-style-type: none"> ● Lactation consultant answers common questions with mother and infant present
Stanford Medicine	https://med.stanford.edu/newborns/professional-education/breastfeeding.html	<ul style="list-style-type: none"> ● "Breastfeeding in the First Hour" Video