

Breastfeeding Web Resources



Image from: www.mommyish.com

How to breastfeed

- **A mother shows how she helps her baby to latch on:**
 - ameda.com/breastfeeding/positioning-and-latching-on/bf-your-baby-knows-how-to-latch-on

Returning to work

- **Kyrsten Berggren's website about meeting your breastfeeding goals:**
 - workandpump.com
- **Laws supporting working and breastfeeding in Wisconsin:**
 - dol.gov/whd/regs/compliance/whdfs73.htm

Helping mother who exclusively pump

- **Stanford University medical clinicians teach useful techniques to get more milk when pumping:**
 - newborns.stanford.edu/Breastfeeding/MaxProduction.html

Web sites for breastfeeding mothers

- **Physician web sites:**
 - drjen4kids.com
 - breastfeedingonline.com
- **More resources:**
 - kellymom.com
 - breastfeeding.com



Marathon County Health Department Breastfeeding Information:

www.co.marathon.wi.us/Departments/HealthDepartment/ChildFamilyHealth/Breastfeeding.aspx



Start Right First Steps on Facebook:

www.facebook.com/StartRightFirstSteps

Website information is not endorsed by Marathon County Health Department, nor is it meant to take the place of physician recommendations.