BREASTFEEDING

RESOURCE LIST

https://breastfeedingcanada.ca/en/resources

Not for profit organization dedicated to the protection, promotion and support of breastfeeding and the implementation of the Baby-Friendly Initiative (BFI) in Canada. The BCC's BFI standards provide evidence-informed best practice for all mothers and babies around infant feeding.

https://kellymom.com

Evidence-based information on breastfeeding and parenting.KellyMom is an International Board Certified Lactation Consultant (IBCLC).

https://www.llli.org

Supports mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

https://en.beststart.org/topics-tools/early-childhood-development/breastfeeding

The Best Start Resource Centre produces multi-media resources in multiple languages

BREASTFEEDING CONT'D

RESOURCE LIST

Lactation Resources

Evidence-based resources from IBCLC's on a variety of breastfeeding topics

Book recommendations:

- Milk It - By Chantelle Champs
- Dr Jack Newmans Guide to Breastfeeding
- Breastfeeding and the Fourth Trimester- By Lucy Webber
- Ina Mays' Guide to Breastfeeding
- The Womanly Art Of Breastfeeding
- The Comfortable Breastfeeding Guide- Kaley Kroschinsky