

Resources on Breastfeeding and Human Milk for Health  
Care Professionals

**Resources Available On-Line (Web Based)**

**BreastfeedingBasics:**

An on-line breastfeeding education program for health care professionals. It has 7 modules, with case histories, pretests and posttests, and extensive references.

[www.BreastfeedingBasics.org](http://www.BreastfeedingBasics.org)

**American Academy of Pediatrics (AAP):**

Section on Breastfeeding, American Academy of Pediatrics. Breastfeeding and the use of human milk. Pediatrics. 2005; 115(2): 496-506.

The policy statement from AAP on breastfeeding with extensive references

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;115/2/496>

For AAP Members only:

AAP website, Section on Breastfeeding Medicine has links to: “Breastfeeding Handbook for Physicians” AAP and ACOG available for order

The revised pamphlet, “Supporting Breastfeeding and Lactation, Primary Care Pediatricians’ Guide to Getting Paid” at [www.aap.org/breastfeeding/CODING.pdf](http://www.aap.org/breastfeeding/CODING.pdf)

is available as a 5 page PDF on the Section of Breastfeeding Medicine website.

[www.aap.org](http://www.aap.org)

**Academy of Breastfeeding Medicine**

Organization of physicians of different specialities with an interest in breastfeeding. The website has protocols regarding breastfeeding practice with references that can be downloaded for use by physicians, hospitals or others. Protocols include:

Breastfeeding the Near-term Infant

Discharge of Breastfeeding Term and Premature Infants

Galactogogues

Human Milk Storage

Mastitis

Model Hospital Breastfeeding Policy,

Peripartum Breastfeeding Management

Supplementation of the Breastfed Infant

*NICU Graduate Going Home*

*Breastfeeding the Hypotonic Infant*

*Breastfeeding the Infant with Cleft Palate and/or Cleft Lip*

Others.

[www.bfmed.org](http://www.bfmed.org)

### **LactMed – Drugs and Lactation Database**

Located on Toxnet, Toxicology Data Network Website of National Library of Medicine  
The website has information on usage of drugs during lactation including an overall summary of usage during breastfeeding, effects on breastfeeding and lactation, alternate drugs to consider in the breastfeeding women, drug levels in breast milk and references. This is an excellent resource. Not all drugs are listed, but more are being added.

[www.toxnet.nlm.nih.gov](http://www.toxnet.nlm.nih.gov)

### **La Leche League International (LLLI)**

La Leche League is a breastfeeding promotion organization started by breastfeeding mothers in 1956 to help other mothers with breastfeeding. In 1964, it became an international organization and continues to work around the world. La Leche League sponsors an annual breastfeeding conference along with ACOG and AAP for physicians and other health care professionals and provides referrals to La Leche League groups.. It has an on-line store for books, pamphlets for parents and professionals.

[www.LaLecheLeague.org](http://www.LaLecheLeague.org)

To find a local LaLecheLeague group, go the website listed above,  
click on about  
in the upper right corner is the search for local LLLI group

### **Human Milk Banking Association of North America (HMBANA)**

The Human Milk Banking Association of North America is the organization of the 10 human milk banks in the United States and the 1 in Canada. Donated human milk is accepted from screened donors, pooled and pasteurized(Holder pasteurization) and frozen until needed. The Mothers' Milk Bank in Colorado is located at Presbyterian St. Luke's Medical Center, 877-458-5503, [www.bestfedbabies.org](http://www.bestfedbabies.org)

[www.hmbana.org](http://www.hmbana.org)

### **Center for Disease Control and Prevention (CDC)**

The CDC has a section on breastfeeding. It includes:

The CDC Guide to Breastfeeding Interventions,  
Breastfeeding Statistics on a state and national basis  
links to the Department of Health and Human Services Office on Women's Health, Benefits of Breastfeeding.

[www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)

### **International Lactation Consultant Association (ILCA)**

ILCA is the association for lactation consultants. A lactation consultant is a health care professional who has special training in helping mothers with lactation. It has bookstore, position papers, and information about conferences. It also allows one to search for lactation consultants by zip code.

[www.ilca.org](http://www.ilca.org)

### **Colorado Breastfeeding Task Force, CBTF**

The Colorado Breastfeeding Task Force is a volunteer organization comprised of physicians, nurses, public health officials, nutritionists, lactation consultants, counselors, and other community members who are working to improve breastfeeding in Colorado. The CBTF works closely with the Colorado Department of Public Health and Environment Supplemental Nutrition Program for Women, Infants, and Children to reach communities which have historically had low breastfeeding rates. Their website, which is being expanded has Colorado resources for breastfeeding support, and educational offerings on breastfeeding in Colorado.

<http://www.coloradobreastfeedingtaskforce.org/>

### **Medela**

Medela is one of the largest manufacturers of supplies to support breastfeeding.

[www.medela.com](http://www.medela.com)

### **Books/Journals for Health Care Professionals**

Lawrence RA and Lawrence RM. Breastfeeding, A Guide for the Medical Profession, 6th Ed. Elsevier Mosby, Phila, PA. 2005.

AAP and ACOG, Breastfeeding Handbook for Physicians, 2005

*Briggs GG, Yaffe SJ and Freeman RK ed. Drugs in Pregnancy and Lactation, 7th ed. Lippincott, Williams and Wilkins. Philadelphia. 2005.*

Hale TW. Medications and Mothers' Milk, 12th ed. Hale Publishing, Amarillo, TX, 2006

Nancy Mohrbacher, Julie Stock, and La Leche League International. The Breastfeeding Answer Book, Third Revised Edition. 2003

Breastfeeding Medicine Journal

Official journal of the Academy of Breastfeeding Medicine (ABM).

Mary Ann Liebert Inc publisher, published quarterly

Journal of Human Lactation

Official journal of the International Lactation Consultant Association (ILCA)

Sage Publications publisher, published quarterly

### **Books for Health Care Professionals/Parents (limited list)**

This is a list of books written for parents, but are useful for health care professionals also.

Joan Younger Meek MD, MS, RD and Sherill Tippins. *The New Mother's Guide to Breastfeeding*. American Academy of Pediatrics, Bantam Books, 2002.

Marianne Neifert MD. *Dr. Mom's guide to Breastfeeding*, Plume. 1998.

La Leche League International. *The Womanly Art of Breastfeeding 7<sup>th</sup> ed.* Plume. 2005

Kathleen Huggins. *The Nursing Mother's Companion*, Fifth Revised Edition. Harvard Common Press. 2005

*Delete Kathleen Huggins, Linda Ziedrich, William Sears. The Nursing Mother's Guide to Weaning. Harvard Common Press 1994 Delete*

Jack Newman, Teresa Pitman. *The Ultimate Breastfeeding Book of Answers Revised*. Prima Publishing 2006.