

RESOURCES

Local Support Services

La Leche League www.LLLI.org

24/7 hotline (719) 481-2909

Regular meetings the 3rd Tuesday of the month at 10:00 am at the East Library and 12:00 pm the 1st Wednesday of the month at Baby Cotton Bottoms

Mom & Me Yoga www.ensomama.com

Tuesdays at 10:30 at cambio. Yoga

Wednesdays at 10:30 at Baby Cotton Bottoms

Saturdays at 10:30 at Waddle Works

Baby Cotton Bottoms www.BabyCottonBottoms.com

Regular mama meetups and other breastfeeding friendly meetings scheduled regularly

Look for other local groups on Facebook, Meetup, and other community sites.

Apps and Podcasts

BF app: Total Baby <http://www.andesigned.net/totalbaby.htm>

The Boob Group <http://www.theboobgroup.com>

LactMed (NIH medication database)

<http://toxnet.nlm.nih.gov/help/lactmedapp.htm>

Great web-resources

LLL International www.LLLI.org

Kellymom KellyMom.com

Dr. Jack Newman <http://www.breastfeedinginc.ca>

Work-related

Pumping Strategies for the Working Mother

<http://lactationmatters.org/2012/05/17/pumping-strategies-for-the-working-mother/>

<http://lactationmatters.org/2013/01/03/combining-work-and-breastfeeding-successful-strategies-and-tools/>

<http://kellymom.com/category/bf/pumpingmoms/>

How to spot a sketchy website: formula ads. Anyone selling you formula has a vested interest in you purchasing formula instead of breastfeeding. Look for articles written by IBCLC's, and written recently.

References from 20 Items game

First Hour & Skin to skin: <http://www.kangaroomothercare.com>

Nursing while mama is sick: <http://kellymom.com/bf/can-i-breastfeed/illness-surgery/mom-illness/>



Eat to hunger, drink to thirst <http://kellymom.com/nutrition/mothers-diet/mom-calories-fluids/>
<http://kellymom.com/nutrition/mothers-diet/mom-foods/>

Alcohol? <http://kellymom.com/bf/can-i-breastfeed/lifestyle/alcohol/>

will I make enough? <http://www.kellymom.com/store/freehandouts/enoughmilk01.pdf>

latch videos <http://www.breastfeedinginc.ca/content.php?pagename=videos>

lower instance of breast cancer <http://www.bestforbabes.org/breast-cancer-and-breastfeeding>

delayed period (you're fertile before you get your first period) <http://kellymom.com/bf/normal/fertility/>

money saved <http://kellymom.com/pregnancy/bf-prep/bfcostbenefits/#table1>

Know the Pros

IBCLC: Internationally Board Certified Lactation Consultant

Master's level credential. Two years of highly specialized breastfeeding training, akin to a physical therapist for diagnosing problems and challenges. Always a good choice.

CLE: Certified Lactation Educator

Certificate program with extensive training about the normal functions of breastfeeding.

LLL: La Leche League Leader

A lay woman who has breastfed at least one infant for 12 months. Some additional training as well (similar to a CLE). Leads support groups and staffs hotlines.

RM, CPM: Registered Midwife or Certified Professional Midwife

Training varies widely but requires extensive breastfeeding training (more than any other professional except for the IBCLC).

CNM*: Certified Nurse Midwife

Master's level credential with some specific lactation training (varies widely).

RN/BSN/MSN*: Registered Nurse

Associate's, Bachelor's or Master's level nursing may or may not include much specific lactation training (1-2 hours required). May have additional training in lactation and possess any number of additional credentials, but the nursing credential alone does not indicate any formal training in lactation.

OB/GYN & Pediatrician*: Obstetrician/Gynecologist

Specialization post MD/DO that includes minimal required training about breastfeeding. May have additional training, but most often does not.

Remember: anyone calling themselves a "lactation nurse" a "lactation educator" or a "lactation specialist" might have one of these other credentials, but may not.

It is ok to ask them for their training/credentials

*Any time you are prescribed or recommended a medication, confirm this choice via LactMed or an IBCLC.