

Governmental Resources

[Centers for Disease Control \(CDC\)](#) is the primary health information provider of the United States Department of Health and Human Services.

[Department of Women, Infants, & Children](#) is a food and nutritional service provided by the United States Department of Agriculture to help inform mothers on proper nutrition for their children.

[The Office on Women's Health](#) is a sub-unit of the United States Department of Health and Human Services focused entirely on women.

Professional Organizations

[American College of Nurse-Midwives](#) is the oldest Women's Health Care organization in the United States and represents certified nurse- midwives and certified midwives.

[Academy of Breastfeeding Medicine](#) is an international group of certified physicians that strive for cooperation and unity among different groups striving for their common goal of breastfeeding promotion, protection, and education.

[La Leche League](#) is an international organization that provides mother-to-mother support, assistance, education, information, and a wide array of resources to help breastfeeding mothers and their developing babies.

[International Lactation Consultant Association \(ILCA\)](#) is a professional association specifically developed for International Board Certified Lactation Consultants as well as other breastfeeding professionals that provide for and help breastfeeding families.

[March of Dimes](#) is an organization driven to improve the lives of babies by trying to prevent birth defects, premature birth, and infant mortality. March of Dimes is a very community-oriented organization, it has research and support groups all over the United States.

Community Resources

[Kelly Mom](#) is an extremely informative blog designed for families that are thinking about breastfeeding for their newborn and provides a wealth of information to help you support your child.

[The Leaky Boob](#) is a community organization that brings women together to support one another in their infant feeding journey.

Electronic Resources

Apple Apps (I-pad/I-pod):

- *Breast Feeding Friend*: allows moms to keep track of which side they should be feeding their baby on; timing of feeds, logging and graphing of progress
- *Baby Nursing / Breast Feeding Tracker*: allows tracking of baby's nursing records; keeps detailed info such as most recent feeding, daily average, cumulative totals; calculation of milk fed in ounces and baby weight; take photos for reference, store locations of feeding; track and plot baby's height, weight, head circumference; diary feature for storing feeding notes
- provides info on benefits of breastmilk, breastfeeding, and breastpumping tips, breastmilk storage guidelines and instant access to other online resources; stores baby's profile to track breastfeeding, breastpumping, sleeping and diaper changes with option to send log to pediatrician; tracks activities for up to 6 babies; can use to find breastfeeding- and pumping-friendly locations in your local area and add your own personal locations

- *LactMed*: part of the National Library of Medicine's (NLM) Toxicology Data Network (TOXNET®), is a database of drugs and other chemicals to which breastfeeding mothers may be exposed; includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant; suggested alternatives are provided to those drugs where appropriate; all data are derived from the scientific literature and fully referenced; data are organized into substance-specific records, which provide a summary of the pertinent reported information

Android Apps:

- *Breast Feeding Tabulator*: keep track of your baby's breast/bottle feeding times with notes such as medications given; when feeding with a bottle, you can record the amount your baby has had; know at a glance when last fed; have feeding "groups" for intermittent feeding or multiple sides; tap the Android Breast Feeding Tabulator App icon in the main window to take and have pic of your baby there; some useful statistics can be seen in the Stats Page
- *Breast Feeding*: produced in association with the NHS Portsmouth Supports Breast Feeding campaign; includes the following main sections: thinking about breastfeeding?, early days, partners page, getting help with breastfeeding, looking after yourself, out & about with your baby, FAQs
- *AndNursingLog Free*: tracks breast feedings of your baby; helps mothers track feeding length and frequency, volume fed, and last breast used to feed; allows for exporting of the feeding history to a spreadsheet; tracking for multiple babies possible
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- *Breastmilk Counts*: teaches how breastfeeding is good for moms and babies; 10 tips for breast feeding success; breastfeeding positions chart; how to latch; find lactation help; breastfeeding laws
- *Baby Feeding Timer*: easily time and track feeding your baby and pumping milk; easily track feeding your baby and pumping milk with this intuitive app; timers page shows a picture of your baby as it times nursing, bottle feeding, or pumping. While timing breastfeeding, it shows both the total time and the time on the current side. All timers can be paused; data page shows a list of all feedings and pumping sessions you have recorded. All entries can be easily edited to fix errors or add additional information; summary page provides helpful information about the last 24 hours.