

Books

Breastfeeding Made Simple.

Mohrbacher N and Kendall-Tackett K. 2005.

The Ultimate Breastfeeding Book of Answers. Newman J and Pitman T. 2000.

Bestfeeding: Getting Breastfeeding Right for You. Renfrew M, Fisher C, Arms S. 2004.

The Breastfeeding Café. Behrmann BL. 2005.

The Womanly Art of Breastfeeding, 7th revised edition. La Leche League International. 2004.

The Breastfeeding Mother's Guide to Making More Milk. Marasco L. and West D. 2008.

Multiples

Mothering Multiples, 3rd revised edition by Karen Kerhoff Gromada
www.karengromada.com/

Discussion Groups

Opportunities to blog and chat at the Black Mothers Breastfeeding Association site.

www.blackmothersbreastfeeding.org

La Leche League Mother-to-Mother Forums <http://forums.lli.org/index.php>

Medications

Always consult a licensed health care professional before taking over the counter or prescription medications or herbal supplements.

LactMed Drugs and Lactation Database
www.toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT

Medications and Mother's Milk, Hale T. 2008

Nonprescription Drugs for the Breastfeeding Mother. Nice F. 2007.

Breast Surgery

Defining Your Own Success: Breastfeeding After Breast Reduction Surgery. West, D. 2001.

Breastfeeding after breast and nipple surgeries.
www.bfar.org/book.shtml

Nursing an Adopted Baby

The Adoptive Breastfeeding Resource
Website: www.fourfriends.com/abr/

Induced Lactation Protocols:
www.asklenore.info/breastfeeding

Breastfeeding an Adoptive Baby and Relactation. Hormann, E. 2007.

Michigan Breastfeeding Network

www.mibfnetwork.org

Michigan Healthy Mothers, Healthy Babies Coalition

www.hmhbmi.org

2009

Breastfeeding Yellow Pages Resource Guide for Families



Prepared by members of the
Michigan Breastfeeding Network
for the
Healthy Mothers, Healthy Babies
Coalition of Michigan



Local Resources

For breastfeeding information and support in your community, contact your local Women, Infants and Children (WIC) Program. To locate the WIC clinic in your area, call 1-800-26-BIRTH.

Mother to Mother breastfeeding peer support is available in counties with the Breastfeeding Initiative Program. www.bfi.fcs.msue.msu.edu

La Leche League of Michigan offers group meetings and breastfeeding help in communities throughout the state.

www.llli.org/Web/Michigan.html

Ann Arbor	(734) 332-9080
Grand Rapids	(616) 752-8300
Lansing	(517) 484-5005
Metro Detroit	(313) 438-1015
Muskegon	(231) 773-7151

To find a certified breastfeeding specialist, go to www.ilca.org and *Find a Lactation Consultant* or call 919-459-2073

Hospitals that deliver babies may also be able to assist you.

Contacts in My Community

General Breastfeeding Information

La Leche League International offers numerous books and pamphlets on breastfeeding and parenting and a 24 hour toll-free breastfeeding helpline.

www.lalecheleague.org/ or 1-877-452-5324

The National Women's Health Information Center offers answers to basic breastfeeding questions and downloadable information sheets. www.womenshealth.gov/breastfeeding/ or 1-800-994-9662

The following websites provide online articles on a variety of breastfeeding topics.

www.breastfeeding.com/ Breastfeeding.com also offers live breastfeeding question and answer sessions.

www.breastfeedingonline.com/

www.kellymom.com/

www.normalfed.com/

Fathers and Breastfeeding

Information and articles for free download are available on several of the general breastfeeding information websites.

- In the Reading Room at breastfeeding.com
- Look at Just for Dads at babycenter.com
- **March of Dimes** website also offers a *Just for Dads* section in their Pregnancy and Newborn education center

Becoming a Father. Sears W. 2003

Breastfeeding Facts for Fathers. Platypus Media, 2009.

Breastfeeding and Working

Working and Pumping.com offers information and a message board so you can chat. www.workandpump.com/

At **Milk Mamas Unite** you can ask breastfeeding questions and share and receive working-mom advice. www.milkmemos.com/

www.wicworks.ca.gov, has educational materials that can be downloaded and printed from the WIC Breastfeeding Resources page.

Working & Breastfeeding: It's Worth It! is a free packet of information designed to help mothers who return to work. www.breastfeedingwa.org/working

Nursing Mother, Working Mother. Pryor G. and Huggins K. 2007



Breast Pumps

Ameda Breastfeeding Products

1-866-99-AMEDA or www.ameda.com/

Medela, Incorporated

1-800-435-8316 or www.medela.com/

Mothers returning to work should contact their health insurance provider regarding coverage for a personal use electric breast pump.