

# Breastfeeding Support Services

## *Online, Hotline, & Facebook*

### **[www.KellyMom.com](http://www.KellyMom.com) and [Facebook.com/KellyMomDotCom](https://www.facebook.com/KellyMomDotCom)**

Excellent breastfeeding and pumping information including many free handouts. Search for “milk calculator” to calculate how much milk a baby needs.

### **[www.WeAllBenefit.org](http://www.WeAllBenefit.org)**

A Maine initiative called *Wherever, Whenever!* to promote acceptance of breastfeeding in public spaces and increased workplace supports for nursing moms.

### **[www.MakingMoreMilk.com](http://www.MakingMoreMilk.com)**

Information for women who want to increase their milk supply.

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

Searchable database by zip code of local lactation consultants.

### **[www.WorkandPump.com](http://www.WorkandPump.com)**

Information and resources about breastfeeding for working moms.

### **[www.InfantRisk.org](http://www.InfantRisk.org) or 1-806-352-2519**

Provides up-to-date information about the use of medications during pregnancy and breastfeeding.

### **National Breastfeeding Hotline 1-800-994-9662**

Breastfeeding peer counselors are Monday through Friday, 9 a.m. to 6 p.m., EST to answer common breastfeeding questions and walk you through challenges ranging from latching to pumping and storage.

### **[www.BFMed.org](http://www.BFMed.org)**

Academy of Breastfeeding Medicine: Guidelines for managing various situations that can impact breastfeeding.

### **[www.BestforBabes.org](http://www.BestforBabes.org) or [Facebook.com/BestforBabes](https://www.facebook.com/BestforBabes)**

Provides great information and a helpful blog.

### **[www.LLLUSA.org](http://www.LLLUSA.org) or 1-800-525-3243**

La Leche League website that provides information and mother-to-mother support.

### **[www.USBreastfeeding.org](http://www.USBreastfeeding.org)**

Answers to frequently asked questions about federal lactation support law.

### **[www.WomensHealth.gov/breastfeeding](http://www.WomensHealth.gov/breastfeeding)**

Wide variety of resources to help increase breastfeeding success. Also includes information about what the federal government is doing to support breastfeeding mothers.

### **[www.TheLeakyBoob.com](http://www.TheLeakyBoob.com) or [Facebook.com/LeakyBoob](https://www.facebook.com/LeakyBoob)**

Helpful articles and blog for breastfeeding moms.

### **[www.LatchMD.com](http://www.LatchMD.com)**

LatchME website and downloadable app provide breastfeeding help from Board-Certified pediatricians and Internationally Board-Certified Lactation Consultants.

