

GUIDE FOR BREASTFEEDING

Website

- Baby Friendly USA – Organization that credentials hospitals for the Baby Friendly Hospital Initiative (BFHI). <http://www.babyfriendlyusa.org>

Self-Study

- The AAP's Health Professional's Resource Guide: <http://www.aap.org/breastfeeding/healthProfessionalsResourceGuide.html>
- Academy of Breastfeeding Medicine. International physician organization for promotion, protection, and support of breastfeeding. Evidence-based protocols available for free download; annual CME conference occurs every fall. www.bfmed.org
- Breastfeeding Friendly Consortium. Offers 20 hours of on-line CME education including education on the Ten Steps to Successful Breastfeeding/BFHI – helping advanced-level providers meet the required 3 hours of training to achieve BFHI-designation. Also offers ABP Maintenance of Certification-approved activities and practice monitoring tools. \$99 for one year registration. Endorsed by the AAP. <https://bfconsortium.org/pages/13>
- Resources for safety of medications in breastfeeding: Lactmed. Online, evidence-based website supported by the NIH. <http://lactmed.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>
- Video demonstration of hand expression of breastmilk. <http://newborns.stanford.edu/Breastfeeding/HandExpression.html>
- Wellstart International (2013) Lactation Management Self-Study Modules, Level I, Fourth Edition, Shelburne, Vermont: Wellstart International. Available at: <http://www.wellstart.org/Self-Study-Module.pdf> Available at no cost.

Identify your local Chapter Breastfeeding Coordinator

- Chapter Breastfeeding Coordinators (CBCs) are pediatricians who are appointed by their AAP Chapter President to work within their AAP Chapter and the community on breastfeeding support and promotion. CBCs ensure that the members of their AAP Chapter are up to date on the latest breastfeeding education and advocacy activities. Find the roster of CBCs here: <https://www2.aap.org/breastfeeding/files/pdf/cbcroster.pdf>

Apps

- Massachusetts Breastfeeding Coalition's evidence-based smartphone app, Breastfeeding Management 2, is now available in Android <https://play.google.com/store/apps/details?id=com.mentpr.breastfeed.mgr&hl=en> as well as for iPhone/iPod touch <https://itunes.apple.com/us/app/breastfeeding-management-2/id366578339?mt=8> for \$1.99. It is specifically designed to help health professionals manage breastfeeding issues and includes triage tools, links, calculators, and lots of other useful information. Proceeds help support the non-profit MA Breastfeeding Coalition.

Source:
American Academy of Pediatrics Breastfeeding Initiatives – www.aap.org/breastfeeding
Ip, et al. A summary of the Agency for Healthcare Research and Quality's evidence report on breastfeeding in developed countries. *Breastfeed Med.* 2009; 4:S17-30.
American Academy of Pediatrics Section on Breastfeeding. Breastfeeding and the use of human milk. *Pediatrics*, 2012; 129:e827-841.
ACOG, <http://www.acog.org/Search?Keyword=breastfeeding>
AAFP Guidelines, <http://www.aafp.org/afp/2000/0401/p2093.html>