

Local Resources

On-Base Resources

- **48th Medical Group Breastfeeding Program**
 - ❖ prenatal breastfeeding class by the Lactation Consultant online here: <https://bit.ly/BFClass48MDG>
 - ❖ Call to schedule a telephone/virtual/in person consult with the **Lactation Consultant (IBCLC) Ms Mackenzie**, Contact information: 01638-52-8010 or Tricare Secure Messaging
- **New Parent Support Program**
 - ❖ Parent support, home visitation, office consultation, and new parent education (ages 0–3); call for information: 01638-52-8070
- **RAFL WIC Office**
 - ❖ Staffed by registered dietitians and International Board Certified Lactation Consultants (IBCLCs); breast pumps available for active-duty program participants
 - ❖ Located at Airman & Family Readiness Center, Building 950, 01638-52-1728

Off base local

- Online meetings during pandemic: LLL La Leche league East Cambs in Soham. Facebook: <https://www.facebook.com/LLLEastCambs>
- Ely Milks Breastfeeding Support Group. See Ely MILKS Facebook page for more information.
- <https://www.facebook.com/elybreastfeeding>
- Cambridgeshire Breastfeeding Alliance: <https://www.facebook.com/CambridgeBreastfeedingAlliance>
- Bury Library children's centre breastfeeding support group: <https://www.facebook.com/BuryLibraryCC>

Adapted from USLCA the United States Lactation Consultants Association

Websites that really help

It can be **challenging** to know where to go for **good** breastfeeding information when so many sites are competing for your attention. We want to help you cut through the crowded web and find websites that can really help.

IBCLCs are health care professionals who specialize in breastfeeding ([IBCLCs Make the Difference](#)). To become certified, IBCLCs complete many hours of education, hundreds or thousands of hours working with mothers and babies, and a rigorous exam. Our goal is to help you meet your goals.

Helpful Websites

Confused by all of the initials and credentials? [Massachusetts' Landscape of Breastfeeding Support lists https://massbreastfeeding.org/landscape/](#) many of the credentials used by lay-and professional breastfeeding supporters and clearly describes the requirements and scope of practice for each set of letters.

Why Breastfeeding Matters:

<https://www.laleche.org.uk/amazing-milk/>

Microbiome

<https://breastfeeding.support/the-microbiome-effect/>

Skin to skin:

<https://www.youtube.com/watch?v=OGPm5SpLxXY>

The magical hour: <http://www.magicalhour.org/>

For videos demonstrating latch, hand expression, maximizing milk supply with a pump and more:

<http://med.stanford.edu/newborns/professional-education/breastfeeding.html>

<http://www.firstdroplets.com>

Hand expression- Expressing the First Milk: <https://www.youtube.com/watch?v=85l3rpsjyC4>

For evidence-based breastfeeding and parenting information for mothers:

<http://breastfeeding.support>

<http://kellymom.com/>

<http://babygooroo.com/>

<https://breastfeedingusa.org/>

Baby led attachment to the breast

<https://raisingchildren.net.au/newborns/videos/baby-led-attachment>

COVID and breastfeeding:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/inpatient-obstetric-healthcare-guidance.html>

https://www.bfmed.org/index.php?option=com_content&view=article&id=138&fbclid=IwAR0hk75%20Jv9MNareDxIsoDLdguJxqlpVtARDytf3IMEeMsRFMwyA43DjiVbw

Breast massage/hand expression <http://bfmedneo.com/our-services/breast-massage/>

Hand expression (for smaller babies, premature and anyone needing to)

<https://www.youtube.com/watch?v=85I3rpsjyC4>

Paced bottle feeding <https://www.youtube.com/watch?v=OGPm5SpLxXY>

Sleep and safe sleep:

<https://safetosleep.nichd.nih.gov/resources/caregivers/environment/look>

<https://www.basisonline.org.uk/>

General Breastfeeding information from Dr. Jack Newman: <https://ibconline.ca/information-sheets/>

<https://ibconline.ca/breastfeeding-videos-english/>

Breastfeeding and alcohol: <https://www.laleche.org.uk/alcohol-and-breastfeeding/>

Introducing solids and info on different kinds of milk:

<https://www.firststepsnutrition.org/eating-well-infants-new-mums>

Classic source of information and support for breastfeeding mothers

<http://www.llli.org>

Breastfeeding advocacy, excellent articles, inspiration, and community-building:

<http://www.BestforBabes.org>

Breastfeeding information in multiple languages:

<http://www.nlm.nih.gov/medlineplus/languages/breastfeeding.html>

WIC Breastfeeding Support: <http://nwica.org/?q=advocacy/breastfeeding>

And “Your Guide to Breastfeeding” booklet

<http://www.womenshealth.gov/publications/our-publications/breastfeeding-guide/>

Tummy time

<https://www.tummytimemethod.com/tummytimetrade-method.html>