



Breastfeeding Resources for Parents

While the internet contains a wealth of breastfeeding information, not all of that information is true. The following websites are reliable sources filled with evidence based information on breastfeeding, breast care and all things breast milk related!

Online Resources

WIC Breastfeeding Support: <https://wicbreastfeeding.fns.usda.gov/>

La Leche League: <https://llli.org/>

KellyMom- Evidence Based Breastfeeding Q&A: <https://kellymom.com/>

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

International Breastfeeding Centre info sheets: <https://ibconline.ca/information-sheets/>

Appalachian Breastfeeding Network:
<https://www.appalachianbreastfeedingnetwork.org/24-hour-hotline.html>

Paced Bottle Feeding: <https://www.youtube.com/watch?v=OGPm5SpLxXY&t=185s>

Akron Children's Hospital Breastfeeding
Medicine: <https://www.akronchildrens.org/departments/Breastfeeding-Medicine.html>

Office of Women's Health (general
information): <https://www.womenshealth.gov/breastfeeding>

Local Breastfeeding Help

Akron General Cleveland Clinic: (330) 344 5705

Akron Summa: (330) 375 4271

Ohio 24hr Breastfeeding Hotline: 1 (888) 588 3423