

## Community Breastfeeding Resource List

### TEACHING TOOLS

General principles of teaching tools:

- Have no advertising so they comply with the regional Industry Relationships policy (ORG.1010.PL.004)
- Evidenced-based and easy to read
- **Not “handouts”** – Breastfeeding messages are better received and retained when accompanied with a conversation and only then followed up with a written message

General Teaching Tools for public areas as appropriate:

- [10 Valuable Tips for Successful Breastfeeding](#) – Public Health Agency of Canada
- [10 Great Reasons to Breastfeed](#) – Public Health Agency of Canada

General teaching tools recommended on a home visit:

- [Why Does My Baby Cry](#) – La Leche League
- [Breastfeeding Your Baby](#) – Manitoba Health
- [Feeding Your Breastfed Baby \(6 months to 1 year\)](#) – Manitoba Health
- [Breastfeeding Your Baby Magnet](#) – Manitoba Health
- Healthy Smile Happy Child Breastfeeding Handout  
[click here - English](#)  
[click here – French](#)

Teaching tools for targeted use when the family is experiencing breastfeeding challenges or has breastfeeding questions or concerns:

- [Community Breastfeeding Plan](#)
- [Breast Compressions](#) Client Teaching Handout
- [Breastfeeding and Returning to Work](#) Client Teaching Handout
- [Mixing Alcohol and Breastfeeding](#)
- [Safe Sleep, Smart Steps To Safer Bed-sharing](#)  
 \*NOTE\*: Public Health-Healthy Living does not promote bed sharing. In the event that families disclose to us that they are co-bedding or bed-sharing with their infants, the Safe Sleep Seven should be used as a tool. This is given out to help support individuals and families and lessen the risk associated with co-bedding or bed-sharing.
- [Paced Bottle Feeding](#)
- Infant Formula, with Iron – not yet available
- Insufficient Milk Supply and/or Weight Gain tool and client handout
  - [Clinical Practice Tool](#)
  - [Suggestions for Making More Breast Milk](#)

- Candidiasis tool and client handout
  - [Clinical Practice Tool](#)
  - [Thrush](#)
- Crying and Colic in the Breastfed Baby tool and client handouts
  - [Clinical Practice Tool](#)
  - [Crying and Colic](#)
  - [Overabundant Milk/Forceful Letdown](#)
  - [Infant Reflux](#)

## WEBSITES

Websites recommended for all clients:

- [Baby Friendly Manitoba](#)
- [Ontario's Maternal and Newborn Resource Information](#)
- [Biological Nurturing – Laid Back Breastfeeding](#)
- [La Leche League](#)
- [Breastfeeding Made Simple](#): Nancy Mohrbacher & Kathleen Kendall-Tackett, both well known lactation consultants who have written several books
- [Hand Expression Video](#) - British Columbia Ministry of Health
- [Baby's Best Chance](#) – British Columbia Ministry of Health
- Baby's Best Chance booklet:
  - [click here - English](#)
  - [click here - French](#)
- [What effective Breastfeeding looks like for parents](#)
- [Feeding cues information](#)
- [Breastfeeding Information, Ontario](#)

Websites for targeted use with clients during Pregnancy, Postpartum, and Breastfeeding:

- [Smoking in pregnancy](#)
- [Postpartum Depression Association of Manitoba](#)
- [Families First](#)
- [Medications and breastfeeding](#) – Dr. Hale website
- [Mothertobaby](#) – to be used if you are unable to find a Canadian resource
- [Cannabis, Pregnancy and Breastfeeding Handout](#) - SOGC
- [Multiple breastfeeding and pregnancy questions answered](#)
- [Safe Sleep, Smart Steps To Safer Bedsharing](#)

Websites for professional use:

- [Breastfeeding after breast and nipple surgeries](#)
- [Breastfeeding solutions for milk supply issues](#)
- [Drugs and lactation](#) – LactMed
- [Toronto Breastfeeding Protocols for Health Care Providers](#)