

5. **How do you support staff?** Participants in this audio conference were asked to consider the questions on the pre-activity **Reflecting on Breastfeeding** as part of their participation. How can your program support staff in committing to breastfeeding promotion efforts? Who can they talk to for support and more information?

Selected Resource List

Families who are making the choice to breastfeed or are breastfeeding their babies need individual information and support. Before visiting with families talk with your community partners and look through the resources below. Develop a resource book that you can use in supporting families around the immediate concerns that they identify. The listed websites are particularly helpful in offering handouts and materials you can use with families at the moment they have concerns. If a mother is breastfeeding, use the Triage Tool in the Handouts, and refer families to lactation consultants and medical providers when necessary. Include information in your resource book on the other common questions and concerns listed on that tool.

Barber, K. (2005). *The black woman's guide to breastfeeding: The definitive guide to nursing for African American mothers*. Naperville, IL: Sourcebooks.

Barnes, A. J. (May, 1995). When latching. In M. Renfrew, C. Fisher and S. Arms. (Eds.), *Bestfeeding: Getting Breastfeeding Right for You*, by M. Renfrew, C. Fisher and S. Arms. Berkeley, CA: Celestial Arts. Available on-line <http://www.mybirthcare.com/whenlatching.asp>

Bolane, J. (1999). *Breastfeeding – Getting started in 5 easy steps*. Waco, TX: Childbirth Graphics.

Eiger, M.S., & Olds, S.W. (1999). *The complete book of breastfeeding*. (3rd ed.). New York: Workman.

Florida State University Center for Prevention and Early Intervention Policy. (1999). *Partners for a healthy baby: Prenatal curriculum*. Tallahassee, FL: Author.

Lawrence R.A., & Lawrence, R.M. (2005). *Breastfeeding: A guide for the medical profession* (6th ed.). Philadelphia, PA: Mosby.

La Leche League International. (2004). *The womanly art of breastfeeding* (7th ed.). Schaumburg, IL: Author.

Newman, J., & Pitman, T. (2000). *The ultimate breastfeeding book of answers: The most comprehensive problem-solution guide to breastfeeding from the foremost expert in North America*. Roseville, CA: Prima Publishing.

Riordan, J., & Auerbach, K.G. (Eds). (2005). *Breastfeeding and human lactation* (3rd ed). Boston: Jones and Bartlett.

Shealy, K.R., Li, R., Benton-Davis, S., & Grummer-Strawn, L.M. (2005). *The CDC guide to breastfeeding interventions*. Atlanta: U.S. Department of Health and Human Services, Center for Disease Control and Prevention.

Spangler, A. (2006). *BREASTFEEDING: A parent's guide* (8th ed.). Atlanta, GA: Amy's Babies.

Spangler, A. (2006). *BREASTFEEDING: Keep it simple*. (2nd ed.). Atlanta, GA: Amy's Babies.

USDA, Food and Nutrition Service. (1993). *Breastfed babies welcome here: A guide for child care providers*. Washington, DC: Author.

Videos:

Breastfeeding and basketball. Available from InJoy Videos at 800-326-3082 or www.injoyvideos.com

Mississippi Department of Health. (n.d.). *Breastfeeding: Another way of saying "I love you."* Available by calling **601-982-3350** or send email to web@healthmys.com

Websites:

Many materials about breastfeeding are available on the web. Please note: Materials published by government organizations are in the public domain and can be copied and distributed to staff and/or families. Please check the copyrights on other materials.

Government websites related to breastfeeding:

Center for Disease Control and Prevention
www.cdc.gov/breastfeeding

The National Women's Health Information Center at the Office of Women's Health
(For specific questions and concerns, contact the Breastfeeding Helpline at 1-800-994-9662; TDD 1-888-220-5446.)
www.4woman.gov/breastfeeding

WIC Works!
www.nal.usda.gov/wicworks

Private organizations:

African American Breastfeeding Alliance
www.aaba.org

Baby Gooroo on Breastfeeding
www.babygooroo.com/index.php/category/breastfeeding/

Breastfeeding Coalition of Washington, a program of WithinReach
www.withreachwa.org

Breastfeeding Partners
www.breastfeedingpartners.org

Every Mother, Inc.
www.everymother.org

International Lactation Consultants Association
(includes an interactive "Find a Lactation Consultant" Directory)
www.ilca.org

The Early Head Start National Resource Center @ ZERO TO THREE

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La Leche League www.lalecheleague.org

WorkAndPump.com www.workandpump.com