



#### ALCOHOL WHILE BREASTFEEDING

<https://lilli.org/breastfeeding-info/alcohol/>

#### ALLERGENS

Early Introduction:

<https://foodallergycanada.ca/living-with-allergies/ongoing-allergy-management/parents-and-caregivers/early-introduction/>

<https://www.healthlinkbc.ca/healthy-eating-physical-activity/age-and-stage/infants-children-and-youth/reducing-risk-food>

<https://www.freetofeed.com/>

#### ANTENATAL COLOSTRUM EXPRESSION

<https://laleche.org.uk/antenatal-expression-of-colostrum/>

Any sterile 1 ml syringe with a cap can be used for collection (local pharmacy or online)

<https://www.moremilksooner.com/>

Power of the first hour video: <https://www.youtube.com/watch?v=yeZdxPol3sY>

<https://firstdroplets.com/>

#### BACK TO THE BREAST AND MORE ACTIVE BREASTFEEDING

<https://www.laleche.org.uk/my-baby-wont-breastfeed/>

<https://laleche.org.uk/getting-breastfeeding-on-track-after-a-difficult-start-the-3-keeps/>

<https://kellymom.com/ages/newborn/nb-challenges/back-to-breast/>

Drip Drop Feeding

<https://www.lllsa.org/drip-drop-feeding>

#### BITING

<https://laleche.org.uk/help-baby-bit/>

<https://www.lllc.ca/biting-and-teething-and-breastfed-baby>

#### BLEBS

<https://physicianguidetobreastfeeding.org/mythbusters/blebs-mythbusters/>

#### BOTTLE REFUSAL

<https://lilli.org/breastfeeding-info/introducing-a-bottle-to-a-breastfed-baby/>

<https://laleche.org.uk/bottles-and-other-tools/>

<https://www.instagram.com/rachelobrienibcl/>

From a lactation perspective, the narrow and long bottle nipples are preferred (like Dr. Brown's).

#### BOTTLE TO CUP FEEDING

<https://www.lilli.org/wp-content/uploads/colour-final-6-4-20-pdf-1-reduced.pdf>

## BREAST COMPRESSIONS

<https://www.lllc.ca/breast-compressions-and-switch-nursing>  
<https://breastfeeding.support/what-is-breast-compression/>  
<https://ibconline.ca/information-sheets/breast-compression/>

## BREAST MASSAGE

<https://www.mayabolman.com/videos/v/basicsofbreastmassage>

## BREAST PREFERENCE

<https://kellymom.com/bf/got-milk/lopsided/>

## BREASTFEEDING POSITIONS

<https://llli.org/breastfeeding-info/positioning/>

## BREAST REDUCTION AND BREASTFEEDING

<https://www.bfar.org/reduction.shtml>

## BREASTFEEDING AND DESIRE FOR SEXUAL INTIMACY

<https://www.thebump.com/a/breastfeeding-interfering-with-sex-life>

## CANNABIS AND BREASTFEEDING

<https://www.lllc.ca/cannabis>

## CARRIERS

<https://www.lllc.ca/babywearing>

For Leaders: <https://www.lllc.ca/sites/default/files/Babywearing%20Demonstrations.pdf>

## CHILD DEVELOPMENT

Dr. Deborah MacNamara – Author of *Rest Play Grow*: <https://macnamara.ca/>

## CONGESTION

<https://www.utentclinic.com/news/how-to-treat-a-stuffy-nose-in-babies-and-toddlers>

## CONTRACEPTION

<https://www.llli.org/breastfeeding-info/birth-control/>

## CUSTODY ISSUES CO-PARENTING AND BREASTFEEDING

<https://www.lllc.ca/custody-issues>  
<https://laleche.org.uk/breastfeeding-contact-cases/>  
<https://lllusa.org/visitation/>

Quallen, JD is a collaborative family lawyer and mediator in Durham, North Carolina, USA. [www.twofamilieslaw.com](http://www.twofamilieslaw.com) and [www.twofamilieshealing.com](http://www.twofamilieshealing.com).

## DISTRACTED BABIES

<https://www.lllc.ca/breastfeeding-distracted-baby>  
<https://laleche.org.uk/what-happens-at-four-months/>



## DOMPERIDONE

<https://ibconline.ca/information-sheets/domperidone/>

Thyroid Patients: <https://pubmed.ncbi.nlm.nih.gov/4094840/#article-details>

## DYSPHORIC MILK EJECTION REFLEX (D-MER)

<https://www.lllc.ca/dmer>

## ELIMINATION COMMUNICATION

<https://godiaperfree.com/elimination-communication/>

## ENGORGEMENT - REVERSE PRESSURE SOFTENING

Recommend gel ice packs kept in the fridge rather than the freezer to use for engorged breasts

Breast Engorgement: <https://www.lllc.ca/breast-engorgement>

Lymphatic Drainage: <https://www.instagram.com/doc.talks.detox/>

[https://kellymom.com/bf/concerns/mother/rev\\_pressure\\_soft\\_cotterman/](https://kellymom.com/bf/concerns/mother/rev_pressure_soft_cotterman/)

<https://physicianguideto breastfeeding.org/category/treatments/lymphatic-drainage/>

## EXCLUSIVELY EXPRESSING BREASTMILK FOR YOUR BABY

<https://laleche.org.uk/exclusively-expressing-breastmilk-for-your-baby/>

## FEEDING CUES

<https://www.breastfeedingcenter.org/blog/2022/1/18/infant-feeding-cues-and-their-importance>

## FERTILITY TREATMENT AND BREASTFEEDING

<https://bfduringivf.weebly.com/>

## FINGER FEEDING

<https://breastfeeding.support/what-is-finger-feeding/>

## FLANGE SIZE

Flange size matters. A Comparative Pilot Study of the Flange FITSTM Guide Versus Traditional Sizing Methods

<https://journals.sagepub.com/doi/10.1177/08903344241296036>

<https://www.babiesincommon.com/flange-fits-guide>

Printable Flange Size Measuring Tool (Free): <https://lactationhub.com/digital-downloads/>

Pumpin' Pals Flanges: <https://pumpinpal.com/>

Flange Inserts: [https://www.maymom.com/eshop/index.php?main\\_page=index&cPath=1\\_16](https://www.maymom.com/eshop/index.php?main_page=index&cPath=1_16)

Pump Fit: <https://www.nancymohrbacher.com/articles/2020/4/12/pump-fit-matters>

## FOREMILK/HINDMILK INFORMATION

<https://lilli.org/breastfeeding-info/foremilk-and-hindmilk/>

## FUSSY BABIES

<https://laleche.org.uk/fussy-evenings-with-a-newborn/>

<https://laleche.org.uk/unhappy-baby/>



## GALACTAGOGUES

<https://www.lllc.ca/galactagogues>

<https://www.lowmilksupply.org/galactagogues>

Galactagogues to help milk production during menstrual cycle:

<https://kellymom.com/bf/can-i-breastfeed/herbs/natural-treatments/#calcium>

Also see DOMPERIDONE

## GROWTH SPURTS

<https://www.lllc.ca/growth-spurts>

## HAND EXPRESSION

<https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

<https://laleche.org.uk/hand-expression-of-breastmilk/>

## HEALTH PROFESSIONAL AND STUDENT ATTENDANCE AT LLLC SERIES MEETINGS

<https://www.lllc.ca/form/registration-to-attend-an-lllc-m>

## HEALTHY PARENTS HEALTHY CHILDREN – MyHealth.Alberta.ca Network

Website: <https://www.healthyparentshealthychildren.ca/>

Book – Pregnancy & Birth:

[https://www.healthyparentshealthychildren.ca/app/uploads/2023/02/2023-Pregnancy-and-Birth\\_third-reprint\\_February-FINAL.pdf](https://www.healthyparentshealthychildren.ca/app/uploads/2023/02/2023-Pregnancy-and-Birth_third-reprint_February-FINAL.pdf)

Book – The Early Years:

[https://www.healthyparentshealthychildren.ca/app/uploads/2023/02/2023-The-Early-Years\\_third-reprint\\_February-FINAL.pdf](https://www.healthyparentshealthychildren.ca/app/uploads/2023/02/2023-The-Early-Years_third-reprint_February-FINAL.pdf)

## HORMONES AND BREASTFEEDING

<https://www.lllc.ca/sex-hormones-and-breastfeeding>

## HUMAN MILK BANKING AND MILK SHARING

<https://www.lllc.ca/human-milk-banking-and-milk-sharing>

<https://llli.org/breastfeeding-info/milk-donation/#Family>

<https://laleche.org.uk/sharing-breastmilk/>

<https://www.northernstarmilkbank.ca/>

Human Milk for Human Babies: <https://www.facebook.com/hm4hb/>

Eats on Feets: <https://eatsonfeets.org/>

## IBCLC

How to become an IBCLC: <https://www.clca-accl.ca/How-to-become-an-IBCLC>

Online training course:

<https://www.lactationacademy.com/bundles/95-hour-online-lactation-consultant-training-course#see-more>

## INVERTED NIPPLES

<https://laleche.org.uk/inverted-nipples/>

## IMPLANTS AND BREASTFEEDING

<https://www.bfar.org/augmentation.shtml>



## IRON AND BREASTFEEDING

<https://www.lllc.ca/iron-and-breastfeeding>

## JAUNDICE

<https://www.lllc.ca/jaundice-and-breastfeeding>

## LARGE BREASTS AND POSITIONING

<https://www.youtube.com/watch?v=584nv1oNxvw>  
<https://breastfeeding.support/breastfeeding-with-large-breasts/>  
<https://www.breastfeeding.asn.au/resources/large-breasts>

## LATCH AND POSITIONING

Natural Breastfeeding for an easier start: <https://www.naturalbreastfeeding.com/>  
<https://globalhealthmedia.org/videos/attaching-your-baby-at-the-breast/>  
[https://www.lllc.ca/sites/default/files/Positioning%20and%20latching\\_1.pdf](https://www.lllc.ca/sites/default/files/Positioning%20and%20latching_1.pdf)

## LATE PRE-TERM BABIES

<https://www.laleche.org.uk/feeding-late-preterm-babies/>

## LIPASE

<https://llli.org/breastfeeding-info/milk-issues/>

## LLL TEAR-SHEET TOOLKIT (From the WAB)

<https://drive.google.com/file/d/1tst8DBZrNWGHUr7ycsvEKbhilHEUUKVB/view>

## LLC LEADERSHIP

<https://www.lllc.ca/resources/become-leader>

## LLC ONLINE FREE LIBRARY

<https://www.lllc.ca/form/registration-for-llc-library>

## LYMPHATIC DRAINAGE

<https://www.instagram.com/doc.talks.detox/>  
<https://physicianguidetobreastfeeding.org/category/treatments/lymphatic-drainage/>  
<https://eadn-wc01-5994650.nxedge.io/wp-content/uploads/2021/08/Lymphaticmassagehandout2.pptx.pdf>

## MASSAGE

<https://www.covidphysicaltherapy.org/videos/pelvic-ilu-self-massage>  
[https://www.womenscollegehospital.ca/wp-content/uploads/2022/09/ILU\\_AbdominalMassgae.pdf](https://www.womenscollegehospital.ca/wp-content/uploads/2022/09/ILU_AbdominalMassgae.pdf)

## MASTITIS

<https://www.lllc.ca/mastitis-matter-inflammation-0>  
<https://lllusa.org/mastitis/>  
<https://www.pumpstation.com/blogs/articles/plugged-ducts-and-mastitis>  
<https://www.lllc.ca/mastitis-matter-inflammation>  
<https://laleche.org.uk/mastitis/>  
<https://ibconline.ca/information-sheets/blocked-ducts-mastitis/>



BAIT – Breast Rest, Advil, Ice, Tylenol:

<https://eadn-wc01-5994650.nxedge.io/wp-content/uploads/2023/02/Screen-Shot-2023-02-21-at-1.48.39-PM.png>

Raw Potatoes:

<https://ibconline.ca/information-sheets/blocked-ducts-mastitis/#:~:text=Cut%20%20to%20%20washed,new%20slices%20from%20the%20bowl.>

The Academy of Breastfeeding Medicine (ABM) protocol on mastitis spectrum:

<https://www.bfmed.org/assets/ABM%20Protocol%20%2336.pdf>

For mothers to read or share with doctors who are not aware of the new guidelines.

## MATERNAL METABOLISM AND LACTATION

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3006166/>

## MEDICATIONS AND BREASTFEEDING

Best reference for parents: <https://www.e-lactancia.org/>

LactMed online: <https://www.ncbi.nlm.nih.gov/books/NBK501922/>

<https://www.infantrisk.com/content/cough-cold-medications-while-breastfeeding>

Note: LLLC has a subscription to Thomas Hale, but the L categories are not recognized by anyone but him and don't take into account the age of the baby, its health status, the mother's health status etc. so it is not as good a resource as Lactancia and LactMed.

## MENSTRUATION AND BREASTFEEDING

<https://www.lllc.ca/menstruation-and-ovulation-impact-milk-production>

<https://llli.org/breastfeeding-info/menstruation/>

## MILK BANKING AND SHARING

See: HUMAN MILK BANKING AND MILK SHARING

## MILK ISSUES (Spoiled or Unique Taste?)

<https://llli.org/breastfeeding-info/milk-issues/>

## MILK SUPPLY AND PRODUCTION

Making more milk: <https://www.lowmilksupply.org/>

A link to information about increasing milk supply:

<https://www.laleche.org.uk/how-to-increase-your-milk-supply/>

Is my baby getting enough milk:

<https://www.lllc.ca/how-know-your-baby-getting-enough-milk>

Low Milk Production: <https://www.lllc.ca/low-milk-production>

Oversupply and Forceful Letdown: <https://www.lllc.ca/oversupply-and-forceful-letdown>

<https://www.laleche.org.uk/too-much-milk-and-oversupply/>

Always remember to use gravity in your favour and, if possible, once the baby is latched on properly, lean slightly back. Be very careful not to lean forward when you are nursing, because then gravity will speed up the milk flow. Also nursing more frequently for shorter times can sometimes slow the milk flow down a bit.

## MOTHER ILLNESS

<https://laleche.org.uk/when-a-mother-is-ill/>

Supporting Breastfeeding and Lactation in Surgical Patients: <https://www.cmaj.ca/content/195/25/E879>



#### NAUSEA WHILE BREASTFEEDING

<https://kellymom.com/bf/concerns/mother/nausea-bf/>  
<https://lactationhelp.ca/blog/f/nausea-while-breastfeeding>

#### NEWBORN STOMACH CAPACITY

<https://www.lllc.ca/newborns-have-small-stomachs>

#### NIPPLE CONFUSION

<https://www.llli.org/breastfeeding-info/nipple-confusion/>

#### NIPPLE HEALING

<https://kellymom.com/bf/concerns/mother/nipplehealing/>

#### NIPPLE PAIN WHILE BREASTFEEDING OR PUMPING

<https://www.youtube.com/watch?v=-hhCz65lhP4>  
<https://www.lllc.ca/nipple-pain>

#### NIPPLE PIERCINGS

<https://www.lllc.ca/nipple-piercing-and-breastfeeding>  
<https://llli.org/breastfeeding-info/nipple-piercings/>

#### NIPPLE SHIELDS

<https://laleche.org.uk/nipple-shields/>  
<https://www.lllc.ca/nipple-shields>

#### NURSING STRIKES

<https://laleche.org.uk/nursing-strikes/>  
<https://www.lllc.ca/nursing-strikes>  
<https://laleche.org.uk/what-happens-at-four-months/>

#### NURSING MANNERS

<https://lllusa.org/wp-content/uploads/2019/10/Nursing-Manners-2.pdf>

#### NURSING SUPPLEMENTERS

<https://www.laleche.org.uk/nursing-supplementers/>  
<https://ibconline.ca/information-sheets/lactation-aid/>  
<https://haakausa.com/products/silicone-feeding-tube-set?variant=33748597375112>

#### PACED BOTTLE FEEDING

The Milk Mob Video: <https://www.youtube.com/watch?v=wumI31Oyc8k&t=1s>  
Paced bottle feeding to show the mouth gape reflex: <https://www.youtube.com/watch?v=TuZXD1hIW8Q>  
Written information: <https://nurturedchild.ca/index.php/2010/12/10/baby-led-bottle-feeding/>  
Peel Region: <https://www.youtube.com/watch?v=iKSSi5pi57I&t=2s>

#### PHYSIOLOGY OF BREASTFEEDING

<https://www.clinicalanatomy.ca/thorax/LactationPhysiology/story.html>



## PREGNANCY AND CONTINUED BREASTFEEDING

<https://laleche.org.uk/pregnant-and-breastfeeding/>  
<https://www.lllc.ca/breastfeeding-through-pregnancy>

## PUMPING INFORMATION

Hands-on Pumping:

<https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>

Hands-on Pumping Video and Massage: <https://www.youtube.com/watch?v=kRi-pouuyto>

Optimizing Pumping handout:

[https://www.villagelactationab.ca/\\_files/ugd/0dc8e4\\_b6dd51cd7e6b4d9396d48a629223f6b8.pdf](https://www.villagelactationab.ca/_files/ugd/0dc8e4_b6dd51cd7e6b4d9396d48a629223f6b8.pdf)

Pump Fit: <https://www.nancymohrbacher.com/articles/2020/4/12/pump-fit-matters>

Printable Flange Size Measuring Tool (Free): <https://lactationhub.com/digital-downloads/>  
<https://www.breastfeeding.asn.au/resources/let-down-reflex-and-your-milk-flow>

If your milk production seems to go down over time or dramatically drops, check to ensure that pump pieces don't need to be replaced.

## PUMP RENTAL

AHS information on breast pump rentals and the locations where they can be accessed:

<https://www.albertahealthservices.ca/findhealth/service.aspx?Id=7808>

## REFLUX

<https://laleche.org.uk/i-think-babys-got-reflux/>  
<https://llli.org/news/why-infant-reflux-matters/>

## SAFETY FOR CHILDREN

<https://childsafetylink.ca/>

## SEPARATION

<https://laleche.org.uk/?s=if+you+leave+your+baby>

## “SLACKER” BREAST

<https://kellymom.com/bf/got-milk/lopsided/>  
<https://www.lllc.ca/breastfeeding-one-side-only>

## SLEEP

<https://llli.org/resources/sweet-sleep/>

Presentation by Teresa Pitman on Sweet Sleep: <https://www.lllc.ca/sweet-sleep-teresa-pitman>

Baby Sleep Information Source: <https://www.basonline.org.uk/>

LLLI Safe Sleep Infographic: <https://llli.org/wp-content/uploads/Safe-Sleep-7-infographic.pdf>

LLLI Safe Sleep Seven: <https://llli.org/news/the-safe-sleep-seven/>

<https://laleche.org.uk/breastfeeding-at-night/>

<https://llli.org/breastfeeding-info/sleep-bedshare/>

<https://www.lllc.ca/sleep>

Should I night Wean? <https://lllusa.org/should-i-night-wean/>

Dr. Lyndsey Hookway: [https://www.instagram.com/lyndsey\\_hookway/?hl=en](https://www.instagram.com/lyndsey_hookway/?hl=en)

<https://lactationnetwork.com/blog/sleep-training-and-breastfeeding>





## SOLIDS

Starting Solids and Baby-led Weaning: <https://www.lllc.ca/starting-solids-baby-led-weaning>  
<https://laleche.org.uk/starting-solid-food>  
<https://resources.beststart.org/wp-content/uploads/2019/04/D12-E.pdf>  
<https://www.healthyparentshealthychildren.ca/im-a-parent/older-babies-6-12-months/feeding-starting-solid-foods>  
<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-starting-solid-foods-around-6-months.pdf>  
<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-feeding-guide-starting-solid-foods.pdf>  
<https://kidseatincolor.com/baby-nutrition-feeding-0-12-months-old/>  
Feeding Challenges:  
<https://llli.org/news/why-infant-reflux-matters/>  
Instagram: happyhealthyeaters  
Feeding Therapy: <https://letseatab.ca/>  
My Child Won't Eat <https://www.goodreads.com/book/show/19283489-my-child-won-t-eat>  
<https://solidstarts.com/baby-led-weaning/>

## SORE NIPPLES

Nipple Pain, Why are my nipples sore? <https://www.lllc.ca/nipple-pain>  
See THRUSH below

## STORING BREASTMILK

Guidelines: [https://www.lllc.ca/sites/default/files/471-Storing\\_Human\\_Milk\\_CMYK.pdf](https://www.lllc.ca/sites/default/files/471-Storing_Human_Milk_CMYK.pdf)  
Feeding Expressed Breastmilk:  
<https://www.healthyparentshealthychildren.ca/im-a-parent/feeding-your-baby/expressed-breastmilk#storing-and-preparing-expressed-breastmilk>

## SUPPLEMENTARY NURSING SYSTEM

See Nursing Supplementers

## SUPPLEMENTING FIRST THEN BREASTFEEDING

<https://www.bfar.org/FINISHATTHEBREAST.pdf>

## TEETHING RASH

<https://laleche.org.uk/breastfeeding-and-teething/>

## THRUSH

[https://www.lllc.ca/sites/default/files/461\\_Thrush\\_CMYK\\_2016\\_FINAL.pdf](https://www.lllc.ca/sites/default/files/461_Thrush_CMYK_2016_FINAL.pdf)

Mentioned on page three of the LLLC Thrush handout, a vinegar (apple cider vinegar is slightly better) and water solution (one tablespoon vinegar to one cup water) is an easy and effective treatment for nipples. Apply to the nipples and areolae with a clean cotton ball after each feeding. Allow the nipples to air dry. This should not make the pain worse. If it does, discontinue. If it does help, wipe after every feed for two weeks after your nipple is healed. This solution changes the pH of the skin and wipes away the milk/food source. The key to any thrush treatment is to continue for two weeks after all visible signs of thrush are gone.

## THUMB SUCKING AND PACIFIER USE

<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=ta1927>



## TODDLERS

<https://www.lllc.ca/toddlerhood-and-beyond>

<https://laleche.org.uk/still-nursing/>

Book – Mothering Your Nursing Toddler

## TONGUE TIE

<https://www.edmontonbreastfeeding.com/tongue-tie/>

<https://www.drchelseapinto.com/infant-tongue-tie-resources/>

[http://www.tongue-tie-education.com/uploads/2/9/9/0/2990748/atte\\_fastfacts\\_2014.pdf](http://www.tongue-tie-education.com/uploads/2/9/9/0/2990748/atte_fastfacts_2014.pdf)

What if the revision didn't help? <https://drive.google.com/file/d/1D3ALAn0PVRacip37fvFJNV3zX6JVqJqx/view>

Post-Frenectomy Wound Care and Oral Exercises: <https://www.drchelseapinto.com/baby-instructional-videos/>

## TRAVEL

Flying with a Breastfed Baby: <https://www.lllc.ca/flying-breastfed-baby>

## TRIPLE FEEDING

<https://www.lllc.ca/triple-feeding>

<https://themilkmeg.com/breastfeed-pump-top-up-tips-for-triple-feeding-and-how-to-eventually-stop/>

## TUMMY TIME METHOD

<https://www.tummytimemethod.com/>

TWINS (Note: Kathryn Stagg's book is in the free LLLC online library)

<https://kathrynstaggibcl.com/breastfeeding-twins-and-triplets/>

<https://breastfeedingtwinsandtriplets.co.uk/>

[https://www.lllc.ca/sites/default/files/462\\_CMYK\\_2015\\_FINAL.pdf](https://www.lllc.ca/sites/default/files/462_CMYK_2015_FINAL.pdf)

## VASOSPASMS

<https://ibconline.ca/information-sheets/vasospasm/>

## VIDEOS

[https://globalhealthmedia.org/language/english/?\\_sft\\_topic=breastfeeding](https://globalhealthmedia.org/language/english/?_sft_topic=breastfeeding)

Check out the “Really Good Drinking” and “Good Drinking” versus the “Nibbling” videos:

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

Ukrainian Subtitles: <https://globalhealthmedia.org/language/ukrainian/>

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

## WEANING

<https://www.lllc.ca/weaning-how-and-when-it-happens>

<https://www.llli.org/breastfeeding-info/weaning-how-to/>

<https://laleche.org.uk/thinking-of-weaning/>

<https://laleche.org.uk/after-weaning-what-next/>

<https://lllusa.org/should-i-night-wean/>

Books: *Milkies in the morning*, *Sally weans from night nursing*

## WEANING FROM SUPPLEMENTS

<https://laleche.org.uk/weaning-from-supplements/>



## WEIGHT GAIN

<https://laleche.org.uk/is-my-baby-getting-enough-milk/>

<https://www.lllc.ca/growth-breastfed-baby>

<https://llli.org/breastfeeding-info/growth/>

<https://www.who.int/tools/child-growth-standards/standards/weight-for-age>

<https://www.healthyparentshealthychildren.ca/im-a-parent/newborn-birth-2-months/feeding-your-newborn#weight-gain>

Slow Weight Gain: [https://www.rch.org.au/clinicalguide/guideline\\_index/Slow\\_weight\\_gain/](https://www.rch.org.au/clinicalguide/guideline_index/Slow_weight_gain/)

LLL USA Growth of Breastfed babies - <https://lllusa.org/growth-of-breastfed-babies/>

Who Growth Charts:

<https://www.who.int/tools/child-growth-standards/standards/weight-for-age>

<http://www.bcchildrens.ca/health-professionals/clinical-resources/endocrinology-diabetes/tools-calculators>

## WONDER WEEKS (INFANT DEVELOPMENT)

<http://www.thewonderweeks.com>

## YOGA FOR BABIES

<https://www.youtube.com/watch?v=JgkZhGNSn8Q>

NEWBORN TIMELINE (LLL Leader Linda Crawford's wonderful description of the first week postpartum)

The **First night** and day everyone is sleepy.

The **Second day** often feels pretty good.

The **Second night** NO ONE SLEEPS! - the baby is often fussy at the breast as they are "putting in their order" for the milk factory to ramp up and start making more milk.

The **Third day** is a hard one after no sleep. Everyone is crying (and adapting to the huge change that has just happened).

Advice for partners on **days three and four** - just agree with everything mom says.

The **Fifth day** is usually the turning point where things start getting a bit better.

Some more helpful thoughts:

- Set up a village of support before your baby is born
- Decide with your partner on a code word to let them know you are topping out and need help - now
- Wear a sweater or other outfit that unbuttons at the front - skin to skin is so important in the first couple of days (partners too as long as the baby is getting a lot of time at the breast).
- When everyone is melting down remember - touch and hold!

