

Resources for Breastfeeding and Working

❖ La Leche League: 1-800-LALECHE

www.la lecheleague.org

- General Breastfeeding Information
- Pumping, Working, and Breastfeeding
- Breastfeeding Support in Your Community

❖ Breastfeeding.com

www.breastfeeding.com

- Breastpump Basics
- Pumping Advice from Breastfeeding Moms
- Breastmilk Storage Guidelines



❖ ProMom, Promotion of Mother's Milk, Inc:

www.promom.org

- 101 Reasons to Breastfeed Your Child
- 10 Things Expectant Parents Need to Know About Breastfeeding
- Breastfeeding and Returning to Work

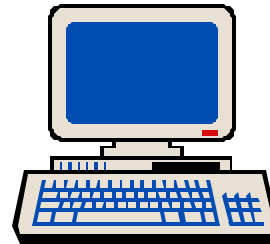
❖ California Women, Infants, and Children (WIC) Supplemental Nutrition Program:

1-888-WIC-WORKS

www.wicworks.ca.gov

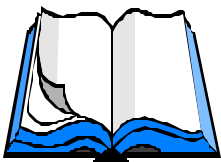
For Income Eligible Families:

- Breastfeeding Classes and Counseling
- Breastpump Loan



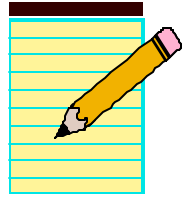
Books and Pamphlets

- Gotchi G and Torgus J, The Womanly Art of Breastfeeding, 1997



- Huggins K, The Nursing Mother's Companion, Harvard Common Press, 1995

- Mason D, Breastfeeding and the Working Mother, St. Martin's Press, 1997.
- Pryor G, Nursing Mother, Working Mother, Harvard Common Press, 1997.
- American Academy of Pediatrics, A Woman's Guide to Breastfeeding, www.aap.org/family/brstguid.htm



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