

Breastfeeding Tips



Cardinal Pediatrics
304-599-8000

You always have help!

Breastfeeding isn't always easy. Its why we are here with tips and tricks of the trade.
Please remember that we are in your corner and can help!

Websites

- **Kelly Mom:** www.kellymom.com

Better than Google! Well-written, referenced, and easy to understand

- **International Breastfeeding Centre:** www.ibconline.ca

This is an awesome collection of Dr. Jack Newman's videos and information sheets. Dr. Newman is an experienced, well respected pediatrician from Canada.

- **Stanford University Videos with Dr. Jane Morton:**
www.newborns.stanford.edu/breastfeeding

Great info for moms doing a lot of pumping/hand expression while trying to increase their milk supply. Also, has a video titled "The Perfect Latch", that demonstrates a good cross-cradle hold.

- **Tongue Tie Information:** www.drghaheri.com

Bobby Ghaheri MD is an Ears, Nose and Throat doctor and tongue-tie expert.

- **La Leche League International:** www.llli.org

La Leche League has been offering mother-to-mother breastfeeding support for more than 50 years! And they have updated their website! Easy to navigate!

APPS

- **Hale's Medications and Mother's Milk (free)**

A great reference about the safety of most prescription and over the counter medications and breastfeeding!

- **Breastfeeding Solutions (\$4.99) by a Lactation Consultant.**

Offers help for 30 of the most common breastfeeding issues.

FREE HOTLINE

Appalachian Breastfeeding Network, call 888-588-3423



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Remember we are only a text/phone call away!