

Breastfeeding Education Videos and Handouts

Breastfeeding Education

USDA - WIC Breastfeeding Support - multiple short videos -

<https://wicbreastfeeding.fns.usda.gov/search/content?keys=video>.

Stanford Medicine - Getting started with breastfeeding - multiple helpful videos -

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

Texas Dept of State Health Services Breastfeeding

Breastmilk Counts - links and videos - <https://www.breastmilkcounts.com/>.

Global Health Media - multiple languages videos -

<https://globalhealthmedia.org/videos/breastfeeding/>

Breast Pumps and Milk Storage

CDC - How to Keep Your Breast Pump Kit Clean:

<https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html>

Pumping and milk supply.

Establishing and maintaining a milk supply link -

<http://kellymom.com/ages/newborn/nb-challenges/maintainsupply-pump/>.

Pumping and breast milk storage link -

<https://www.womenshealth.gov/breastfeeding/pumping-and-storing-breastmilk>.

Breast massage and hand expression.

Hand expression video -

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

Maximizing milk production video -

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

Breast milk storage guidelines handouts.

Colorado breast milk storage guidelines

<https://www.colorado.gov/pacific/cdphe/breastfeeding-friendly-child-care-professionals#Breast%20Milk%20Storage>.

Proper handling and storage of human milk - CDC

https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm