

## BREASTFEEDING APPS AND WEBSITES

---

### *Coffective App:*

Preparing pregnant families for their hospital experience with step by step, evidence-based practices for breast feeding and tips, as well as infant feeding goals. Visit <https://coffective.com/> or scan the QR code:



### *Pacify App:*

Providing new and expectant parents with unlimited 24/7 access to audio-video calls with clinicians including nurses, lactation consultants, and dietitians for advice on breastfeeding, pumping, infant health and more. Visit <https://www.pacify.com/> or scan the QR code:



### *Breastfeeding Solutions App:*

A user-friendly resource that provides solutions to the most common breastfeeding problems. Visit <http://www.nancymohrbacher.com/breastfeeding-apps-1> or scan the QR code:



### *Ready, Set, BABY(RSB):*

This educational program is designed to counsel prenatal families about maternity care best practices relating to breastfeeding. Visit <https://www.readysetbabyonline.com/> or scan the QR code:



### *First Droplets:*

This site serves as an interactive supportive prenatal education tool for expectant parents, suggesting effective breastfeeding techniques and ways to overcome challenges. Visit <https://firstdroplets.com/> or scan the QR



### *New Mom Health:*

The website offers evidence-based health information and guidance for navigating the multi-dimensional obstacles of new motherhood. It's a safe space to share stories and learn from other motherhood experiences. Visit <https://newmomhealth.com/breasts> or scan the QR code:



### *Office of Women's Health:*

This website is packed with information and resources to help you navigate breastfeed. Visit <https://www.womenshealth.gov/breastfeeding/breastfeeding-resources> or scan the QR code



### *Pennsylvania Breastfeeding Referral Guide:*

County-specific resources for breastfeeding support and assistance. Visit [tinyurl.com/4kpdbsjy](https://tinyurl.com/4kpdbsjy) or scan



# MAGIC OF MOTHER'S MILK

## *Good For Mom: Baby:*

- Reduced risk of breast and ovarian cancers
- Reduced risk of postpartum depression
- Reduced risk of developing Type 2 diabetes
- Reduced risk of heart disease
- *Plus more!*



## *Good For*

- Boosts immune system
- Fewer ear and respiratory infections
- Reduced risk of developing diabetes, obesity, asthma, and some cancers
- Decreased risk for Sudden Infant Death Syndrome (SIDS)
- *Plus more!*