BREASTFEEDING APPS AND WEBSITES

Coffective App:
Preparing pregnant families for their hospital experience with step by step, evidence-based practices for breastfeeding 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 code:

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 breastfeeding. 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/4kpdsbjy or scan
MAGIC OF MOTHER'S MILK

**Good For Mom:**
- 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!*

**Baby:**
- 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!*

Pennsylvania Chapter
American Academy of Pediatrics
November 2022