

# BREASTFEEDING APPS AND WEBSITES



**Coffective App:** Coffective helps prepare pregnant women and their support system for their hospital experience. Along with step by step breastfeeding education, this tool enables women to build their care and support team, select their infant feeding goals, and track their progress toward learning about evidence-based practices for successful breastfeeding. Price: free. <https://coffective.com/>



**Pacify App:** Pacify provides new and expectant parents with on-demand access to audio-video calls with clinicians including nurses, lactation consultants, and dietitians. The providers are available for unlimited support 24/7, allowing mothers to get advice and encouragement on breastfeeding, pumping, infant health issues, and other information any time, as often as they need. Price: app is free, various levels of subscription fees. <https://www.pacify.com/>



**Breastfeeding Solutions App:** Breastfeeding Solutions is a user-friendly resource that provides solutions to the 30 most common breastfeeding problems. Created by IBCLC and author Nancy Mohrbacher, this comprehensive app offers information on over 100 topics and covers every stage of breastfeeding. Users can browse through topics, search for an issue using an alphabetical index, or use an interactive guide that quickly leads to the right solution for the problem. Price: \$4.99. <http://www.nancymohrbacher.com/breastfeeding-apps-1>



**First Droplets:** The First Droplets website serves as an interactive prenatal education tool for expectant parents, offering guidance and support on effective breastfeeding techniques and ways to prevent common challenges. <https://firstdroplets.com/>



**NewMomHealth.com:** NewMomHealth.com is a resource created by The 4th Trimester Project at UNC Chapel Hill. The website offers evidence-based health information and guidance for navigating the physical, emotional, and relational obstacles of new motherhood. The site also serves as a space for women and their supporters to share their stories and experiences. A dedicated section of the website has resources for breasts and breastfeeding. <https://newmomhealth.com/breasts>



**Office of Women's Health: Your Guide to Breastfeeding:** *Your Guide to Breastfeeding* is a comprehensive, easy-to-read guide with information, resources, and support for successful breastfeeding. <https://www.womenshealth.gov/patient-materials/resource/guides>  
<https://www.womenshealth.gov/patient-materials/resource/videos>



**Pennsylvania Breastfeeding Referral Guide:** The *PA Breastfeeding Referral Guide* contains county-specific individuals and organizations that can provide breastfeeding awareness, support and assistance. <https://www.health.pa.gov/topics/Documents/Programs/Infant%20and%20Children%20Health/Breastfeeding%20Referral%20Guide.pdf>

# 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!*



## *Good For 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!*

