



# Breastfeeding Resources for Providers

## Top Three Resources

### First Droplets:

<https://firstdroplets.com/abcs/>

*Support providers and parents with effective breastfeeding techniques to prevent common challenges.*

### The Institute for the Advancement of Breastfeeding and Lactation Education (IABLE):

<https://lacted.org/>

*Specifically for providers to the outpatient sector.*

### Global Health Media- Breastfeeding Series:

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

*Short and practical videos enabling learners to remember critical teaching points.*

## Tools for Health Professionals

### American Academy of Pediatrics- Physician Education Training on Breastfeeding Action Plan:

<https://downloads.aap.org/AAP/PDF/AAP-Physician-Education-and-Training-Breastfeeding-Action-Plan.pdf>

*Recommends strategies to fill breastfeeding-related education and training gaps for providers.*

### Creating a Culture to Support Breastfeeding Physicians and Medical Trainees:

[https://downloads.aap.org/AAP/PDF/CulturePlan\\_Infographic\\_Front\\_and\\_Back.pdf](https://downloads.aap.org/AAP/PDF/CulturePlan_Infographic_Front_and_Back.pdf)

*Discusses the four phases for implementing a breastfeeding policy and creating a culture in your workplace.*

### Breastfeeding Practice Tools for Health Professionals:

<https://www.aap.org/en/patient-care/breastfeeding/breastfeeding-practice-tools-for-health-professionals/>

*Provides evidence-based practice tools and resources including ready-made presentations to educate.*

### The CDC Guide to Breastfeeding Strategies:

<https://www.cdc.gov/breastfeeding/pdf/bf-guide-508.pdf>

*Providing guidance on strategies to support breastfeeding parents and increase breastfeeding rates.*

### Lactation Training Education (LTE):

<https://www.lactationtraining.com/resources/handouts-professionals>

*LTE has a comprehensive, up-to-date catalog of lactation courses by experienced instructors.*

### PA Breastfeeding Referral Guide:

<https://www.health.pa.gov/topics/Documents/Programs/Infant%20and%20Children%20Health/Breastfeeding%20Referral%20Guide.pdf>

*The Guide provides information on lactation support by county.*

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## Medication and Breastfeeding

### **Mother to Baby:**

<https://mothertobaby.org>

*Accessible evidence-based information on whether prescribed treatments affect their developing baby.*

### **Trash the Pump and Dump (TPD):**

<https://trashthepumpanddump.org>

*Encompasses medical conditions, medications and substances of concern during lactation.*

### **LactMed Database:**

<https://www.ncbi.nlm.nih.gov/books/NBK501922/>

*Information on drugs and other chemicals, adverse effects, and exposure to breastfeeding people.*

### **Infant Risk Center:**

<https://www.infantrisk.com/category/breastfeeding>

*Provides knowledge on the safety of medications for all breastfeeding parents.*

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