



# Breastfeeding on the World Wide Web

## Top 10 Internet Resources for Breastfeeding Information

### 1. <http://www.breastfeedingonline.com/>

**Breastfeedingonline.com** hopes to help empower women to choose to breastfeed and to educate society at large about the importance and benefits of breastfeeding. Look here for Jack Newman, M.D.'s handouts and video clips on almost all aspects of breastfeeding.

### 2. <http://www.breastfeeding.com/>

**Breastfeeding.com** - The site features many unique services, including free online videos, online referrals to lactation consultants, nursing humor and an art gallery.

### 3. <http://www.wiessinger.baka.com/bfing/index.html>

**Diane Wiessinger, IBCLC** - Articles on breastfeeding, both how-to and why-to breastfeed – Excellent line drawings and explanation of asymmetric latch.

### 4. <http://www.breastfeeding.asn.au/>

**Australian Breastfeeding Association (ABA)** – Click on link for breastfeeding information

### 5. <http://neonatal.ttuhsct.edu/lact/>

**Breastfeeding Pharmacology** – Find information here on medications and how they affect (or do not affect) breastmilk.

**6. <http://www.prairienet.org/laleche/dettwyler.html>**

**Thoughts on Breastfeeding, by Katherine Dettwyler, PhD –**

Dr. Katherine A. Dettwyler is an Adjunct Professor of Anthropology and Nutrition at Texas A&M University. This collection of web pages features some of Prof. Dettwyler's past thoughts on breastfeeding, gleaned from posts to email lists, her books, and other writings.

**7. <http://www.baby-led-feeding.com/>**

**Baby Led Feeding – EXCELLENT** website with pictures and explanations of how to hand-express and attach baby to breast.

**8. <http://www.lalecheleague.org/>**

**The La Leche League International** mission is: To help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

**9. <http://www.iblce.org/>**

**International Board of Lactation Consultant Examiners** – find out if your “LC” is registered.

**10. <http://www.kellymom.com>**

Lots of good, accurate information to be found here...