



## ***We Care for Breastfed Babies***

### **Resources to Help Child Care Providers & Breastfeeding Families**

- [www.KellyMom.com](http://www.KellyMom.com) - Excellent breastfeeding & pumping information. Search for “milk calculator” to calculate how much milk a baby needs. There are many free handouts including “How to bottle feed the breastfed baby.”
- [www.MakingMoreMilk.com](http://www.MakingMoreMilk.com) - Great information for women who want to increase their milk supply.
- Find a Lactation Consultant (IBCLC) - search by zip code: [www.ilca.org](http://www.ilca.org)
- National Breastfeeding Hotline: 1-800-994-9662
- [www.workandpump.com](http://www.workandpump.com) - Information & resources
- Infant Risk Center - Up-to-date evidence-based information on the use of medications during pregnancy & breastfeeding, anyone can call with questions. 1-806-352-2519, [www.infantrisk.org/](http://www.infantrisk.org/)
- Academy of Breastfeeding Medicine - Protocols for various situations. [www.bfmed.org](http://www.bfmed.org)
- Best for Babes has great information and a helpful blog: [www.bestforbabes.org/](http://www.bestforbabes.org/)
- Frequently asked questions about federal lactation support law are answered at [www.usbreastfeeding.org](http://www.usbreastfeeding.org)
- Kelly Mom, Best for Babes & The Leaky Boob have active Facebook communities where women can connect with other moms
- Office on Women’s Health, Federal Government’s Website: for general breastfeeding information, [www.womenshealth.gov/breastfeeding](http://www.womenshealth.gov/breastfeeding)

#### **Resources in Kansas**

- La Leche League of Kansas: for direct support and information, [www.KansasLLL.org](http://www.KansasLLL.org)
- Kansas Business Case for Breastfeeding: for help with returning to work & employer support, [www.kansasbusinesscase.com](http://www.kansasbusinesscase.com)
- Kansas Breastfeeding Coalition - Information & links to local coalitions throughout the state: [www.ksbreastfeeding.org](http://www.ksbreastfeeding.org)

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