



*Kansas  
Breastfeeding  
Coalition Inc.*

## **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)

*Created by Indiana Perinatal Network. Used with permission.*

*Funding for this activity was made possible in part by the HHS, Office on Women's Health. The views expressed in written materials or publications and by speakers and moderators at HHS-sponsored conferences, do not necessarily reflect the official policies of the Department of Health and Human Services; nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government*