



## ***Breastfeeding Videos and Online Resources***

### ***Online Resources***

- ★ <https://www.cdc.gov/breastfeeding/index.htm>
- ★ <https://www.Healthychildren.org/breastfeeding>
- ★ <https://wicbreastfeeding.fns.usda.gov/>
- ★ <https://Kellymom.com>
- ★ <https://llli.org> (La Leche League International)
- ★ <https://mothertobaby.org/>
- ★ <https://globalhealthmedia.org/>
- ★ <https://ibconline.ca/breastfeeding-videos-english/>
- ★ <https://med.stanford.edu/newborns/>
- ★ <https://www.lactationsolutionsofprinceton.com/video-library>

### ***Breastfeeding Videos***

- Hunger Cues: <https://www.victoriafacelli.com/feedthebaby-video40>
- Suck/Swallow Patterns: <https://www.victoriafacelli.com/feedthebaby-video39>
- Fullness Signs: <https://www.victoriafacelli.com/feedthebaby-video42>
- Waking Baby: <https://www.victoriafacelli.com/feedthebaby-video41>
- Paced Bottle Seated: <https://www.victoriafacelli.com/feedthebaby-video30>
- Paced Bottle Side lying: <https://www.victoriafacelli.com/feedthebaby-video29>
- Latching: <https://www.victoriafacelli.com/feedthebaby-video7>
- Cross Cradle: <https://www.victoriafacelli.com/feedthebaby-video6>
- Laid back: <https://www.victoriafacelli.com/feedthebaby-video4>
- How to Unlatch: <https://www.victoriafacelli.com/feedthebaby-video8>
- Hands On Pumping: <https://www.victoriafacelli.com/feedthebaby-video32>

## **Social Media**

Instagram:

@lactationhub

@rachelobrienibclc

@Karrie\_locher

@mayabolman

## **Additional Video Resources:**

- <https://www.mayabolman.com/videos>
- <https://www.lactationsolutionsofprinceton.com/video-library>
- <https://www.hollandhospital.org/find-a-service/boven-birth-center/childbirth-education-information/breastfeeding-education-videos>
- <https://www.victoriafacelli.com/feedthebaby-videomaster>
- Scan QR code below for additional videos from Victoria Facelli on pumping, newborn care, feeding positions and breast care:



*Disclaimer: FHPA follows all guidelines and recommendations per the AAP, CDC, and ABM. This information is for educational purposes only and does not replace medical advice from your Medical or Lactation Provider. Please contact the office for any questions or concerns related to your feeding journey.*

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