Breastfeeding Education Videos and Handouts

Breastfeeding Education Videos.

- Ready, Set, BABY - Carolina Global Breastfeeding Institute, University of North Carolina - prenatal education program that covers maternity care best practices and breastfeeding - [https://sph.unc.edu/cgbi/ready-set-baby/](https://sph.unc.edu/cgbi/ready-set-baby/).
- Texas Dept of State Health Services Breastfeeding
  - Breastmilk Counts - links and videos - [https://www.breastmilkcounts.com/](https://www.breastmilkcounts.com/).
  - English and Spanish video library - [https://www.youtube.com/playlist?list=PL7Xet9qFzOjxWYDce8rfjBXWnszF5-c5E](https://www.youtube.com/playlist?list=PL7Xet9qFzOjxWYDce8rfjBXWnszF5-c5E).
- Baby gooroo - variety of breastfeeding videos - [https://www.youtube.com/channel/UCrsHb6V3lb0kxoWoF3tA](https://www.youtube.com/channel/UCrsHb6V3lb0kxoWoF3tA).
- Skin to skin after birth - [https://www.youtube.com/watch?v=ui5EvRLfwxQ&feature=youtu.be](https://www.youtube.com/watch?v=ui5EvRLfwxQ&feature=youtu.be).
- Deep latch technique - [https://www.youtube.com/watch?v=7FJuBn2bgNk](https://www.youtube.com/watch?v=7FJuBn2bgNk).

Breast Pumps and Milk Storage

Breast Pumps.

- Assembly videos.
  - Medela Symphony - Multi-User Pump
    - English - [https://www.youtube.com/watch?v=lc9C1G5WteE](https://www.youtube.com/watch?v=lc9C1G5WteE).
    - Spanish - [https://www.youtube.com/watch?v=dJDCXt53kk](https://www.youtube.com/watch?v=dJDCXt53kk).
  - Medela Lactina - Multi-User Pump
    - English - [https://www.youtube.com/watch?v=bck54WccCNk](https://www.youtube.com/watch?v=bck54WccCNk).
    - Spanish - [https://www.youtube.com/watch?v=1jcSM8Amm68](https://www.youtube.com/watch?v=1jcSM8Amm68).
Hygeia EnDeare - Multi-user Pump
- Spanish: [https://www.youtube.com/watch?v=2qDpDpfvV9s](https://www.youtube.com/watch?v=2qDpDpfvV9s).

Medela WIC-In-Style - Single User Pump
- English: [https://www.youtube.com/watch?v=rtLtqkEgXCM](https://www.youtube.com/watch?v=rtLtqkEgXCM).
- Spanish: [https://www.youtube.com/watch?v=IB4-WWqlfP0](https://www.youtube.com/watch?v=IB4-WWqlfP0).

Medela Harmony - Hand/Manual Pump
- English: [https://www.youtube.com/watch?v=5d_LlwG0rVM](https://www.youtube.com/watch?v=5d_LlwG0rVM).
- Spanish: [https://www.youtube.com/watch?v=9ycBWvHJuM](https://www.youtube.com/watch?v=9ycBWvHJuM).

Pumping and milk supply.

Breast massage and hand expression.
- Pumping Strategies: Maximizing Your Output - breast massage video: [https://www.youtube.com/watch?v=Yr2d5eZXTaM](https://www.youtube.com/watch?v=Yr2d5eZXTaM).
- Stanford Medicine:
- Marmet Technique of hand expression videos:
  - [https://www.youtube.com/watch?v=vl0tvZUjSNc](https://www.youtube.com/watch?v=vl0tvZUjSNc).
  - [https://www.youtube.com/watch?v=y1iZjBYoUj0](https://www.youtube.com/watch?v=y1iZjBYoUj0).
  - [https://vimeo.com/69057347](https://vimeo.com/69057347).

Breast milk storage guidelines handouts.
- Proper handling and storage of human milk - CDC link: [https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm).

Paced bottle feeding.
- Breastfeeding Success video - https://www.youtube.com/watch?v=YoBVtE6S1dk.
- Best Feeding Lactation Services LLC video - https://www.youtube.com/watch?v=TuZXD1hIW8Q.
- Spanish - Boulder County WIC - Alimentar a un Bebe - https://www.youtube.com/watch?v=29BcnUi0eS0&feature=youtu.be.

- Handouts
  - Lactation Education Resources (bilingual).
  - Paced bottle feeding handout (bilingual).

**Baby behavior**

**Feeding cue videos.**

- Baby Cues video - https://www.youtube.com/watch?v=2AfUUQF6f_w.
- What is my baby trying to tell me? video - https://www.youtube.com/watch?v=fIAyKLLm5CE.

**How to calm a crying baby.**

- How to Calm a Crying Baby video - https://www.youtube.com/watch?v=j2C8MkY7Co8.

**Feeding cues handouts for families.**


**Additional breastfeeding handouts**

- Breastfeeding Resource Guide for Southwest Colorado
- Spanish for Breastfeeding Support - resources and handouts.
- American Academy of Pediatrics (AAP) - Bright Futures resources and handouts for families.
- MedlinePlus - Breastfeeding information in multiple languages.
- Breastfeeding FAQs - Talking Points on Mothers’ Frequently Asked Questions about Nursing.
- Solid foods.
- Ready for Solid Foods - Spanish -
  https://drive.google.com/open?id=0BwAcO4mULUbbeTJtTU9kNUU1Mjg.

- Colorado breastfeeding laws - Colorado Breastfeeding Coalition.