

Breastfeeding Education Videos and Handouts

Breastfeeding Education

Videos.

- USDA - WIC Breastfeeding Support - multiple short videos - <https://wicbreastfeeding.fns.usda.gov/search/content?keys=video>.
- Stanford Medicine - Getting started with breastfeeding - multiple helpful videos - <https://med.stanford.edu/newborns/professional-education/breastfeeding.html>.
- 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/>.
- Texas Dept of State Health Services Breastfeeding
 - Breastmilk Counts - links and videos - <https://www.breastmilkcounts.com/>.
 - English and Spanish video library - <https://www.youtube.com/playlist?list=PL7xet9qFzOjXWYDce8rfjBXWnszFS-c5E>.
- Baby gooroo - variety of breastfeeding videos - <https://www.youtube.com/channel/UCrsHb6V3lb0kxjoWaF3X9tA>.
- Global Health Media - multiple languages videos - <https://globalhealthmedia.org/videos/breastfeeding/>.
- Laid back breastfeeding - Biological Nurturing - <http://www.biologicalnurturing.com/video/bn3clip.html>.
- Skin to skin after birth - <https://www.youtube.com/watch?v=ui5EvRLfwxQ&feature=youtu.be>.
- Kangaroo care - <https://vimeo.com/21118877>.
- Deep latch technique - <https://www.youtube.com/watch?v=7FJuBn2bgNk>.

Breast Pumps and Milk Storage

Breast Pumps.

- CDC - [How to Keep Your Breast Pump Kit Clean: The Essentials](https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html) link <https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html>.
- Assembly videos.
 - Medela Symphony - Multi-User Pump
 - English - <https://www.youtube.com/watch?v=lc9C1G5WteE> .
 - Spanish - <https://www.youtube.com/watch?v=dJDcXXtg3kk>.
 - Medela Lactina - Multi-User Pump
 - English - <https://www.youtube.com/watch?v=bck54WccCNk>.
 - Spanish - <https://www.youtube.com/watch?v=ljcSM8Amm68>.

- Hygeia EnDeare - Multi-user Pump
 - English - <https://www.youtube.com/watch?v=NruTP-dU9XQ>.
 - Spanish - <https://www.youtube.com/watch?v=2qDpDpfvV9s>.
- Medela WIC-In-Style - Single User Pump
 - English - <https://www.youtube.com/watch?v=rtLtqkEgXCM>.
 - Spanish - <https://www.youtube.com/watch?v=IB4-WWqlfP0>.
- Medela Harmony - Hand/Manual Pump
 - English - https://www.youtube.com/watch?v=5d_LlwG0rVM.
 - Spanish - <https://www.youtube.com/watch?v=9ycBWvHJfuM>.

Pumping and milk supply.

- Establishing and maintaining a milk supply link - <http://kellymom.com/ages/newborn/nb-challenges/maintainsupply-pump/>.
- Pumping and breast milk storage link - <https://www.womenshealth.gov/breastfeeding/pumping-and-storing-breastmilk>.

Breast massage and hand expression.

- Milk expression tips video - <http://kellymom.com/bf/pumpingmoms/pumping/bf-links-pumps/>.
- Pumping Strategies: Maximizing Your Output - breast massage video - <https://www.youtube.com/watch?v=Yr2d5eZXTaM>.
- The Basics of Breast Massage and Hand Expression video - <https://vimeo.com/65196007>.
- Stanford Medicine.
 - Hand expression video - <http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>.
 - Maximizing milk production video - <http://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>.
- Marmet Technique of hand expression videos.
 - <https://www.youtube.com/watch?v=vI0tvZUjSNc>.
 - <https://www.youtube.com/watch?v=y1iZjBYoUj0>.
 - <https://vimeo.com/69057347>.

Breast milk storage guidelines handouts.

- Colorado breast milk storage guidelines link - <https://www.colorado.gov/pacific/cdphe/breastfeeding-friendly-child-care-professionals#Breast%20Milk%20Storage>.
- Proper handling and storage of human milk - CDC link - https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm.
- Breast milk storage and handling - KellyMom link - <http://kellymom.com/bf/pumpingmoms/milkstorage/milkstorage/>.
- La Leche League - Storing human milk link - <https://www.llli.org/breastfeeding-info/storingmilk/>.

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>.
- [Is my baby full?](#) video - <https://www.youtube.com/watch?v=1ALUXZf8q3o>.

How to calm a crying baby.

- [How to Calm a Crying Baby](#) video - <https://www.youtube.com/watch?v=j2C8MkY7Co8>.
- [Crying](#) video - <https://vimeo.com/37203311>.

Feeding cues handouts for families.

- [Breastfeed LA](#) - handouts in multiple languages - <http://breastfeedla.org/feeding-cues-posters/>.
- [Hunger cues](#) - Lactation Education Resources - https://www.lactationtraining.com/component/edocman/search-result?filter_search=cues&layout=table&Itemid=0.
- [Hunger cues](#) - Kelly Mom link - <http://kellymom.com/bf/normal/hunger-cues/>.

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.
 - [Starting solid foods](#) - AAP parent education handouts - <https://patiented.solutions.aap.org/handout.aspx?gbsid=156551>.
 - [Ready for Solid Foods](#) - <https://drive.google.com/open?id=0BwAcO4mULUbbRGxqOE5YeJJEbzg>.

- Ready for Solid Foods - Spanish -

<https://drive.google.com/open?id=0BwAcO4mULUbbeTJtTU9kNUU1Mjg>.

- Colorado breastfeeding laws - Colorado Breastfeeding Coalition.