

## PROMOTING AND SUPPORTING BREASTFEEDING

### RESOURCES

American Academy of Pediatrics Breastfeeding Policy "Breastfeeding and the Use of Human Milk."  
PEDIATRICS Vol. 129 No. 3 March 1, 2012 pp. e827 -e841  
<https://www.cdph.ca.gov>

Preventing Childhood Obesity in Early Care and Education Programs 2010 American Academy of Pediatrics/ American Public Health Association/ National Resource Center for Health and Safety in Child Care and Early Education Programs [Google Search](#) [cfc.nrckids.org](http://cfc.nrckids.org)

The Surgeon General's Call to Action to Support Breastfeeding.  
[www.surgeongeneral.gov/topics/breastfeeding/calltoactiontosupportbreastfeeding.pdf](http://www.surgeongeneral.gov/topics/breastfeeding/calltoactiontosupportbreastfeeding.pdf)

### Laws and Policies

Section 4207 of the Patient Protection and Affordable Care Act, amending the Fair Labor Standards Act.  
[Google Search](#) <https://www.healthcare.gov/glossary/patient-protection->

Workplace Support in Federal Law accessed 1/4/12  
<[www.usbreastfeeding.org/Employment/WorkplaceSupport/WorkplaceSupportinFederalLaw/tabid/175/Default.aspx](http://www.usbreastfeeding.org/Employment/WorkplaceSupport/WorkplaceSupportinFederalLaw/tabid/175/Default.aspx)

The Business Case for Breastfeeding: Easy Steps to Supporting Breastfeeding Employees 2008 US Department of Health and Human Services, Health Resources and Services Administration, Maternal and Child Health Bureau.  
<http://www.hrsa.gov/about/organization/bureaus/mchb/index.html>

Early Childhood Obesity Prevention Policies  
2011 <http://www.foodpolitics.com/wp-content/uploads/Early-Childhood-Obesity-emb-prepub-pdf.pdf>

### Guidelines for Early Care and Education Programs

Carolina Global Breastfeeding Institute. Tools for Action Toolkit.  
[www.cgbi.sph.unc.edu/take-action/toolkits/265](http://www.cgbi.sph.unc.edu/take-action/toolkits/265)

"Breastfeeding and Child Care: What Child Care Centers Can Do"  
[www.louisianabreastfeedingcoalition.org/wp-content/uploads/2010/09/3.-What-Child-Care-Centers-Can-Do-June-2013.pdf](http://www.louisianabreastfeedingcoalition.org/wp-content/uploads/2010/09/3.-What-Child-Care-Centers-Can-Do-June-2013.pdf)

<http://kellymom.com/bf/pumpingmoms/employed-moms/childcare-breastfed-baby/>

### Proper Handling and Storage of Human Milk

[www.cdc.gov/breastfeeding/recommendations/handling\\_breastmilk.htm](http://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm)

<http://www.womenshealth.gov/breastfeeding/pumping-and-breastmilk-storage.html>

<http://www.ameda.com/breast-pumping/storage-handling/storage-guidelines>

Breastfeeding: A Guide for the Medical Profession. Dr. Ruth Lawrence and Dr. Thomas Lawrence, 8<sup>th</sup> Ed. 2016

*Thawed breast milk can be refrigerated for 24 hours.*

*(Thawed) Milk left in the feeding container after a feeding should be discarded and not used again*

### **What to do if an Infant or Child is Mistakenly Fed Another Woman's Expressed Breast Milk**

[www.cdc.gov/breastfeeding/recommendations/other\\_mothers\\_milk.htm](http://www.cdc.gov/breastfeeding/recommendations/other_mothers_milk.htm)

### **Information to give to mothers**

Balancing Breast and Bottle: Reaching Your Breastfeeding Goals. 2010 Hale Publishing. Amy Peterson and Mindy Harmer

### **Pennsylvania Department of Health Breastfeeding Awareness Program**

[www.health.pa.gov/Pages/search.aspx?searchBox=breastfeeding%20awareness%20pennsylvania#.VpwjL5MrIXo](http://www.health.pa.gov/Pages/search.aspx?searchBox=breastfeeding%20awareness%20pennsylvania#.VpwjL5MrIXo)

Referral Guide:

[www.health.pa.gov/My%20Health/Womens%20Health/Breastfeeding%20Awareness/Documents/PA%20Bf%20Referral%20Guide%20July%202015.pdf](http://www.health.pa.gov/My%20Health/Womens%20Health/Breastfeeding%20Awareness/Documents/PA%20Bf%20Referral%20Guide%20July%202015.pdf)

### **Research articles**

Childcare use and inequalities in breastfeeding: findings from the UK Millennium Cohort Study. *Arch Dis Child* 2012; 97(1):39-42

Do infants fed from bottles lack self-regulation of milk intake compared with directly breastfed infants? *Pediatrics* 2010; 125 (6): 386-393

Risk of Bottle-feeding for Rapid Weight Gain in the First Year of Life. *Arch Pediatr Adolesc Med.* 2012; 166(5): 431-436

A Pilot Study Comparing Opaque, Weighted Bottles with Conventional, Clear Bottles for Infant Feeding. *Appetite* 85 (2015) 178–184

### **YouTube Videos**

<https://www.youtube.com/watch?v=UH4T70OSzGs>

[https://www.youtube.com/watch?v=gJlx\\_vJv06o](https://www.youtube.com/watch?v=gJlx_vJv06o)