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**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](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.youtube.com_playlist-3Flist-3DPL7xet9qFzOjXWYDce8rfjBXWnszFS-2Dc5E&d=DwMF3g&c=sdnEM9SRGFuMt5z5w3AhsPNahmNicq64TgF1JwNR0cs&r=Cb2xWtDYMgasLxpXnH30Dulv0kzYqtU7hPIymWN_hNA&m=KcFmM8-ZjBbIC1nWceeJDUCVxT1fs3XkvI0UuDdRDeU&s=rQY_UC79jGHCKZbPZyoP87N-NQO92RuYxlhg5jAdheQ&e=).
* 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=Ic9C1G5WteE](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.youtube.com_watch-3Fv-3DIc9C1G5WteE&d=DwMFAg&c=sdnEM9SRGFuMt5z5w3AhsPNahmNicq64TgF1JwNR0cs&r=Cb2xWtDYMgasLxpXnH30Dulv0kzYqtU7hPIymWN_hNA&m=f85V4SJHsVcSlrnbRc9SE2LKr7iGuzHrB6qQee4axLc&s=FSzh6KH8__ccnA2xKnjGJCCqm_0oKPYhOXwfaf1jbKc&e=) .
		- Spanish - [https://www.youtube.com/watch?v=dJDcXXtg3kk](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.youtube.com_watch-3Fv-3DdJDcXXtg3kk&d=DwMFAg&c=sdnEM9SRGFuMt5z5w3AhsPNahmNicq64TgF1JwNR0cs&r=Cb2xWtDYMgasLxpXnH30Dulv0kzYqtU7hPIymWN_hNA&m=f85V4SJHsVcSlrnbRc9SE2LKr7iGuzHrB6qQee4axLc&s=NE7REX6P9tC1Rr6d8gMXvOZNXg0RiZxsPRzylDHGbkY&e=).
	+ Medela Lactina - Multi-User Pump
		- English - [https://www.youtube.com/watch?v=bck54WccCNk](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.youtube.com_watch-3Fv-3Dbck54WccCNk&d=DwMFAg&c=sdnEM9SRGFuMt5z5w3AhsPNahmNicq64TgF1JwNR0cs&r=Cb2xWtDYMgasLxpXnH30Dulv0kzYqtU7hPIymWN_hNA&m=f85V4SJHsVcSlrnbRc9SE2LKr7iGuzHrB6qQee4axLc&s=Bvy5T4lwuGpwpCnCTKYGoNiB7kj9dYjekjFdheamVTM&e=).
		- Spanish - [https://www.youtube.com/watch?v=IjcSM8Amm68](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.youtube.com_watch-3Fv-3DIjcSM8Amm68&d=DwMFAg&c=sdnEM9SRGFuMt5z5w3AhsPNahmNicq64TgF1JwNR0cs&r=Cb2xWtDYMgasLxpXnH30Dulv0kzYqtU7hPIymWN_hNA&m=f85V4SJHsVcSlrnbRc9SE2LKr7iGuzHrB6qQee4axLc&s=75-6i3EX6q5cG7tb-__FGXJPj85spxqGopJdHdJ-cu4&e=).
	+ Hygeia EnDeare - Multi-user Pump
		- English - [https://www.youtube.com/watch?v=NruTP-dU9XQ](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.youtube.com_watch-3Fv-3DNruTP-2DdU9XQ&d=DwMFAg&c=sdnEM9SRGFuMt5z5w3AhsPNahmNicq64TgF1JwNR0cs&r=Cb2xWtDYMgasLxpXnH30Dulv0kzYqtU7hPIymWN_hNA&m=f85V4SJHsVcSlrnbRc9SE2LKr7iGuzHrB6qQee4axLc&s=3PqD5hcyyZkhys8DBMwgPsCL4WN-N8JPD5MOtycNiOo&e=).
		- Spanish - [https://www.youtube.com/watch?v=2qDpDpfvV9s](https://urldefense.proofpoint.com/v2/url?u=https-3A__www.youtube.com_watch-3Fv-3D2qDpDpfvV9s&d=DwMFAg&c=sdnEM9SRGFuMt5z5w3AhsPNahmNicq64TgF1JwNR0cs&r=Cb2xWtDYMgasLxpXnH30Dulv0kzYqtU7hPIymWN_hNA&m=f85V4SJHsVcSlrnbRc9SE2LKr7iGuzHrB6qQee4axLc&s=gNU9zO0jVVVyZCtXbMooXgnCgJP4w0WD3MJaJOZPqyo&e=).
	+ Medela WIC-In-Style - Single User Pump
		- English - <https://www.youtube.com/watch?v=rtLtqkEgXCM>.
		- Spanish - <https://www.youtube.com/watch?v=IB4-WWqIfP0>.
	+ Medela Harmony - Hand/Manual Pump
		- English - <https://www.youtube.com/watch?v=5d_LIwG0rVM>.
		- Spanish - <https://www.youtube.com/watch?v=9ycBWvHJfuM>.

Pumping and milk supply.

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

Breast massage and hand expression.

* [Milk expression tips](http://kellymom.com/bf/pumpingmoms/pumping/bf-links-pumps/) video - <http://kellymom.com/bf/pumpingmoms/pumping/bf-links-pumps/>.
* [Pumping Strategies: Maximizing Your Output](https://www.youtube.com/watch?v=Yr2d5eZXTaM) – breast massage video - <https://www.youtube.com/watch?v=Yr2d5eZXTaM>.
* [The Basics of Breast Massage and Hand Expression](https://vimeo.com/65196007) video - <https://vimeo.com/65196007>.
* Stanford Medicine.
	+ [Hand expression](http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html) video - <http://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>.
	+ [Maximizing milk production](http://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html) 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=vl0tvZUjSNc>.
	+ <https://www.youtube.com/watch?v=y1iZjBYoUj0>.
	+ [https://vimeo.com/69057347](https://urldefense.proofpoint.com/v2/url?u=https-3A__vimeo.com_69057347&d=DwMFAg&c=sdnEM9SRGFuMt5z5w3AhsPNahmNicq64TgF1JwNR0cs&r=Cb2xWtDYMgasLxpXnH30Dulv0kzYqtU7hPIymWN_hNA&m=f85V4SJHsVcSlrnbRc9SE2LKr7iGuzHrB6qQee4axLc&s=QmtUbFzv1FX_It3t7iU5PIa4lL3KlzbK0KPrU4Hol24&e=).

Breast milk storage guidelines handouts.

* [Colorado breast milk storage guidelines](https://www.colorado.gov/pacific/cdphe/breastfeeding-friendly-child-care-professionals#Breast%20Milk%20Storage) link - <https://www.colorado.gov/pacific/cdphe/breastfeeding-friendly-child-care-professionals#Breast%20Milk%20Storage>.
* [Proper handling and storage of human milk](https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm) - CDC link - <https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm>.
* [Breast milk storage and handling](http://kellymom.com/bf/pumpingmoms/milkstorage/milkstorage/) – KellyMom link - <http://kellymom.com/bf/pumpingmoms/milkstorage/milkstorage/>.
* [La Leche League](https://www.llli.org/breastfeeding-info/storingmilk/) - 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](https://www.lactationtraining.com/component/edocman/search-result?filter_search=paced%20bottle%20feeding&layout=table&Itemid=0) (bilingual).
	+ [Paced bottle feeding handout](https://drive.google.com/open?id=1WBH8oEtyQzEIqLjBCixx6kfk0US1QykV) (bilingual).

Baby behavior

Feeding cue videos.

* [Baby Cues](https://www.youtube.com/watch?v=2AfUUQF6f_w) video - <https://www.youtube.com/watch?v=2AfUUQF6f_w>.
* [What is my baby trying to tell me?](https://www.youtube.com/watch?v=fIAyKLLm5CE) video - <https://www.youtube.com/watch?v=fIAyKLLm5CE>.
* [Is my baby full?](https://www.youtube.com/watch?v=1ALUXZf8q3o) video - <https://www.youtube.com/watch?v=1ALUXZf8q3o>.

How to calm a crying baby.

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

Feeding cues handouts for families.

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

Additional breastfeeding handouts

* [Breastfeeding Resource Guide for Southwest Colorado](https://sjbpublichealth.org/wp-content/uploads/2019/01/breastfeeding-resources.pdf)
* [Spanish for Breastfeeding Support](http://www.spanishforbreastfeedingsupport.com/breastfeeding-resources-i.html) – resources and handouts.
* [American Academy of Pediatrics (AAP) – Bright Futures](https://brightfutures.aap.org/families/Pages/Resources-for-Families.aspx) resources and handouts for families.
* [MedlinePlus](https://medlineplus.gov/languages/breastfeeding.html) – Breastfeeding information in multiple languages.
* [Breastfeeding FAQs – Talking Points on Mothers’ Frequently Asked Questions about Nursing](http://njaap.org/wp-content/uploads/2017/07/Breastfeeding-FAQ-A-Guide-for-Physicians.pdf).
* Solid foods.
	+ [Starting solid foods](https://patiented.solutions.aap.org/handout.aspx?gbosid=156551) - AAP parent education handouts - <https://patiented.solutions.aap.org/handout.aspx?gbosid=156551>.
	+ [Ready for Solid Foods](https://drive.google.com/open?id=0BwAcO4mULUbbRGxqOE5YejJEbzg) - <https://drive.google.com/open?id=0BwAcO4mULUbbRGxqOE5YejJEbzg>.
	+ [Ready for Solid Foods](https://drive.google.com/open?id=0BwAcO4mULUbbeTJtTU9kNUU1Mjg) - Spanish - <https://drive.google.com/open?id=0BwAcO4mULUbbeTJtTU9kNUU1Mjg>.
* [Colorado breastfeeding laws](https://cobfc.org/guides/) – Colorado Breastfeeding Coalition.