

## F3 Breastfeeding Topics with Links to websites

### Positioning

[Breastmilkcounts Breastfeeding Positions](#)

[La Leche League Positioning](#)

[Video- Global Health Media Positioning](#)

[Breastfeeding Positions With Large Breasts \(Jack Newman\)](#)

### Latch

[Breastmilkcounts How to Latch 101](#)

[Video- Global Health Media, Attaching Your Baby](#)

[Reverse Pressure Softening to Help Latch](#)

### Feedback loop of milk removed and supply

<https://wicbreastfeeding.fns.usda.gov/how-breast-milk-made>

### How to Set/Build Milk Supply

[Breastmilkcounts Setting Your Supply](#)

### Frequency of Feeding

[CDC](#)

### Pumping

[FNS Expressing and Pumping Milk](#)

[Oregon WIC Breastfeeding Staff Resources/Pump Info](#)

[OHA BF Laws](#)

### Hand Expression

[Animation: Breastmilkcounts Hand Expression](#)

[Stanford Basics of Hand Expression](#)

[Video: Maya Bolman Breast Massage and Hand Expression](#)

[Video: Global Health Media Hand Expression](#)

[Video: Global HM Expressing and Storing Breast Milk](#)

### **Concerns from Clients' Previous BF Experiences**

[FNS Overcoming BF Challenges](#) : geared to client

[Stanford Guidance on Counseling Mother w/Past BF Struggle](#) : geared to  
Certifier

### **Hunger/Fullness Cues**

[Breastmilkcounts Baby's Cues](#)

### **How to Tell Baby's Getting Enough**

[LaLeche League](#)

[Dr. Jack Newman](#)

[Kellymom \(very brief\)](#)

### **Skin to Skin**

[Breastmilkcounts Skin-to-Skin](#)

## **Benefits of Breastfeeding**

<https://wicbreastfeeding.fns.usda.gov/breastfeeding-benefits>

<https://www.breastmilkcounts.com/getting-prepared/good-for-babies/>

## **Breastfeeding Handouts**

<https://www.lactationtraining.com/resources/handouts-parents>