|  |  |  |
| --- | --- | --- |
|  | **Topic** | **Links** |
| **A**  | Adoption & Breastfeeding | <https://www.llli.org/breastfeeding-info/adoption/> |
| Alcohol & Breastfeeding | <https://www.llli.org/breastfeeding-info/alcohol/> |
|  | <https://www.healthnavigator.org.nz/healthy-living/b/breastfeeding-and-alcohol/> |
|  | <https://kellymom.com/bf/can-i-breastfeed/lifestyle/alcohol/> |
| Allergies & Breastfeeding | <https://www.laleche.org.uk/allergies/> |
| Amennorhoea, Lactational | <https://www.breastfeeding.asn.au/bfinfo/lactational-amenorrhea-method-lam-postpartum-contraception> |
| Anatomy of Human Breast | [file:///C:/Users/User/Downloads/ChapterFarhadi.pdf](file:///C%3A/Users/User/Downloads/ChapterFarhadi.pdf)  |
| Anatomy of Neonates Mouth & Throat | <http://samples.jbpub.com/9781284111163/9781284111163_CH03.pdf> |
|  | <https://www.health-e-learning.com/articles/anatomy_of_latch.pdf> |
| Antenatal Breastfeeding / Infant Feeding Discussion | <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/implementing-standards-resources/guidance-for-antenatal-and-postnatal-conversations/> |
| Antenatal Colostrum Harvesting | <https://nationalwomenshealth.adhb.govt.nz/assets/Womens-health/Documents/Pregnancy/Expressing-Colostrum.pdf> |
|  | <https://www.op.ac.nz/assets/OPRES/43929e2094/MID-Rietveld-2011-thesis.pdf> |
|  | <https://www.frimleyhealthandcare.org.uk/maternity/your-pregnancy/feeding-your-baby/colostrum-harvesting/> |
|  | <https://www.midyorks.nhs.uk/harvesting-colostrum> |
| Anaesthesia & Breastfeeding | <https://anaesthetists.org/Home/Resources-publications/Guidelines/Anaesthesia-and-sedation-in-breastfeeding-women-2020> |
| Assisting a mother to breastfeed, tips for health professionals | <https://www.youtube.com/watch?v=4X4_RBHsIbs> |
| Attaching Baby to the Breast | <https://www.youtube.com/watch?v=wjt-Ashodw8> |
| Axillary lumps in Breastfeeding Woman | <https://www.plunket.org.nz/caring-for-your-child/feeding/breastfeeding/breastfeeding-problems-and-solutions/> |
|  |  | <https://kellymom.com/bf/got-milk/extra-breast-tissue/> |
| **B** | Baby Blues | <https://www.plunket.org.nz/being-a-parent/looking-after-you/parent-mental-health/postnatal-depression/> |
| Baby Breathe, Suck, Swallow Cycle | <https://www.infantjournal.co.uk/pdf/inf_065_swa.pdf> |
| BFHI | <https://www.babyfriendly.org.nz/resource/what-is-the-baby-friendly-hospital-initiative/> |
| Blocked Ducts – Diagnosis & Treatment | <https://www.healthnavigator.org.nz/health-a-z/b/breastfeeding-common-problems/> |
| Bottle Feeding | <https://www.plunket.org.nz/caring-for-your-child/feeding/bottle-feeding/> |
| Breastfeeding Your Baby (MoH Resource) | <https://www.healthed.govt.nz/resource/breastfeeding-your-baby-%E2%80%93-english-version> |
|  | <https://www.ccdhb.org.nz/our-services/maternity/information-sheets/breastfeeding-information.pdf> |
| Breastfeeding During Pregnancy | <https://www.llli.org/breastfeeding-info/breastfeeding-pregnancy-tandem-nursing/> |
| Breastfeeding & Bottle Feeding Information in other Languages | <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/foreign-language-resources/> |
| Breastfeeding Peer Counsellors | <http://canbreastfeed.co.nz/breastfeeding-peer-counsellors-in-canterbury/> |
| Breast Anatomy | <https://www.infantjournal.co.uk/pdf/inf_014_lbt.pdf> |
| Breastfeeding after Breast and Nipple Surgeries | <https://kellymom.com/bf/concerns/mother/breast-surgery/> |
|  | <https://www.bfar.org/index.shtml> |
| Breast Crawl | <https://www.youtube.com/watch?v=a9SH55UzCSo> |
|  | <https://globalhealthmedia.org/portfolio-items/breastfeeding-in-the-first-hours-after-birth/?portfolioCats=191%2C94%2C13%2C23%2C65> |
| Breast Development (Mammogenesis) During Pregnancy | <https://breastfeedingresourcesontario.ca/sites/default/files/pdf/BFI_How_the_Breast_Works_web.pdf> |
| BreastFedNZ App | <https://www.breastfednz.co.nz/> |
| Breastfeeding Assessment | <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/implementing-standards-resources/breastfeeding-assessment-tools/> |
|  | <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/implementing-standards-resources/breastfeeding-assessment-tools/> |
| Breastfeeding – The First Hour, The Magical First Hour | <https://globalhealthmedia.org/portfolio-items/breastfeeding-in-the-first-hours-after-birth/> |
|  | <https://firstdroplets.com/> |
| Breastfeeding - The Sacred Hour, | <http://reallyreally.org/assets/rack-cards_front_version3-sacredhour.pdf> |
| Breastfeeding - The Magical First Hour | <http://103a70a28a1956d20396-44fa3cb5073b9b8b82c169d0de54e506.r66.cf5.rackcdn.com/1829/06_the_magical_first_hour.pdf> |
| Breastfeeding - The Second Night | <https://www.renaissancemidwifery.ca/docs/babys_second_night.pdf> |
| Breastfeeding - The Second Night (Chinese Language) | <https://www.ccdhb.org.nz/our-services/maternity/childbirth-parenting-and-breastfeeding-classes/breastfeeding-classes/resources-for-classes/ga-pib-124-babys-second-night-chinese.pdf> |
| Breast Implants & Breastfeeding | <https://breastfeeding.support/breastfeeding-with-implants/> |
| Breastfeeding & Jaundice | <https://www.llli.org/breastfeeding-info/jaundice/> |
| Breast Massage | <http://www.carolinabirthandwellness.com/blog/benefits-of-breast-massage> |
|  | <https://vimeo.com/65196007> |
|  | <https://www.youtube.com/watch?v=OjoD6UBSb4c> |
| Breast Milk Bank | <https://canterburywestcoast.midwife.org.nz/community/rotary-community-breast-milk-bank/> |
| Breastmilk Changes as Lactation Develops | <https://www.virtua.org/articles/stages-of-human-milk-production> |
|  | <https://kellymom.com/ages/newborn/when-will-my-milk-come-in/> |
| Breast Oedema | <https://www.health.govt.nz/our-work/life-stages/breastfeeding/health-practitioners/breast-engorgement-and-breast-oedema> |
| Breast Pumps | <https://www.healthinfo.org.nz/patientinfo/47123.pdf> |
| Breastfeeding Peer Councillors | <http://canbreastfeed.co.nz/canbreastfeed-support/> |
| Breastfeeding Positions for Health Workers | <https://www.youtube.com/watch?v=NS8UyAQexBg> |
| Breastfeeding Positions for Mothers | <https://www.youtube.com/watch?v=RiEa0NrpSek&t=5s> |
| Breast Refusal / Breastfeeding Strike | <https://www.laleche.org.uk/nursing-strikes/> |
| **C** | Candidiasis (Thrush) & Breastfeeding | <https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/thrush-when-breastfeeding> |
|  | <https://www.healthline.com/health/parenting/thrush-breastfeeding> |
| Canterbury Health Information Service (CHIC) -order resources | [https://www.cph.co.nz](https://www.cph.co.nz/)  |
| Caring for your Breastfeeding Baby/Child - Problems & Solutions | <https://www.plunket.org.nz/caring-for-your-child/feeding/breastfeeding/breastfeeding-problems-and-solutions/> |
| CDHB Breastfeeding Policy | <https://www.cdhb.health.nz/wp-content/uploads/fe95b3ea-canterbury-dhb-breastfeeding-policy-7250.pdf> |
| Chest Feeding | <https://www.llli.org/breastfeeding-info/transgender-non-binary-parents/> |
| Common Cold and Breastfeeding | <https://kellymom.com/bf/can-i-breastfeed/meds/cold-remedy/> |
| Colostrum – Colour variation | <https://www.healthline.com/health/breast-milk-color#transitions> |
|  | <https://www.op.ac.nz/assets/OPRES/43929e2094/MID-Rietveld-2011-thesis.pdf> |
| Contraception & Breastfeeding | <https://www.familyplanning.org.nz/news/2018/contraception-after-p%C4%93pi> |
| Coping with a Crying Baby | <https://www.healthed.govt.nz/resource/power-protect-coping-crying-baby> |
| Co-sleeping / Bed Sharing | <https://www.plunket.org.nz/caring-for-your-child/safe-sleep/safe-co-sleeping/#:~:text=Place%20baby%20in%20their%20own,baby%20in%20bed%20with%20you.> |
| Cost of not Breastfeeding | <https://pubmed.ncbi.nlm.nih.gov/31236559/> |
|  | COVID-19 & Breastfeeding | <https://www.kidshealth.org.nz/covid-19-breastfeeding> |
| **D** | Diabetes & Breastfeeding | <https://www.laleche.org.uk/diabetes-and-breastfeeding/> |
| Diet during Breastfeeding | <https://www.healthed.govt.nz/resource/eating-healthy-breastfeeding-womenng%C4%81-kai-totika-m%C4%81-te-%C5%ABkaip%C5%8D> |
|  | <https://mother-food.com/wp-content/uploads/2015/09/MotherFood-HandOut.pdf> |
| Down Syndrome & Breasfeeding | <https://themilkmeg.com/breastfeeding-josee-ten-tips-for-breastfeeding-a-baby-with-down-syndrome/> |
| Drug use and Breastfeeding | <https://www.contemporaryobgyn.net/view/substance-use-breastfeeding-woman> |
| Dysphoric Milk Ejection Reflex | <https://www.llli.org/what-is-d-mer/> |
|  | <https://d-mer.org/> |
| Donor Breastmilk | <https://www.midwife.org.nz/wp-content/uploads/2019/06/Donor-Human-Milk-and-Milk-Sharing.pdf> |
| **E** | Education for Breastfeeding Parents | <https://www.cdhb.health.nz/health-services/maternity-christchurch-canterbury/?tab=3&accordion=4-2> |
|  | <https://www.lactationtraining.com/resources/educational-materials/handouts-parents> |
| Education, Breastfeeding for Midwives | <https://learnonline.health.nz/totara/catalog/index.php?catalog_fts=breastfeeding> |
|  | <https://ilactation.com/> |
|  | <https://www.goldlearning.com/> |
|  | <https://www.ara.ac.nz/products/formal/8/nurs807-human-lactation-breastfeeding-and-infant-nutrition/> |
| Elimination Changes in Newborns | <https://www.healthychildren.org/English/ages-stages/baby/Pages/Babys-First-Days-Bowel-Movements-and-Urination.aspx> |
| Engorged breasts – diagnosis & management | <https://canterbury.communityhealthpathways.org/24385.htm>  |
|  | <https://www.laleche.org.uk/engorged-breasts-avoiding-and-treating/> |
| Establishing Lactation | <https://www.laleche.org.uk/beginning-breastfeeding/> |
| Exclusive Breast Milk Pumping | <https://kellymom.com/mother2mother/exclusive-pumping/> |
| Exercise & Breastfeeding | <https://kellymom.com/bf/can-i-breastfeed/lifestyle/mom-exercise/> |
| Expressing | <https://www.llli.org/breastfeeding-info/pumping-milk/> |
|  |  | <https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html> |
| **F** | Feeding Cues | <https://kellymom.com/bf/normal/hunger-cues/> |
| Foreign Language (Non-english) Resources for Breastfeeding | <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/foreign-language-resources/> |
| Flat & Inverted Nipples | <https://www.llli.org/breastfeeding-info/inverted-flat-nipples/> |
| Formula Feeding | <https://www.health.govt.nz/your-health/pregnancy-and-kids/first-year/helpful-advice-during-first-year/formula-feeding> |
|  | <https://www.healthed.govt.nz/resource/feeding-your-baby-infant-formula> |
| Frenulotomy | <https://canterbury.communityhealthpathways.org/278967.htm> |
| Frequency of Breastfeeding – What to Expect | <https://kellymom.com/hot-topics/newborn-nursing/> |
| Full Breasts – diagnosis & management | <https://www.thewomens.org.au/health-information/breastfeeding/breastfeeding-problems/full-breasts> |
| **G** | Galactogogues & Lactogogues | <https://www.llli.org/selection-and-use-of-galactagogues-2/> |
|  | <https://www.lllc.ca/thursdays-tip-what-galactogogue-why-might-breastfeeding-mother-use-one> |
|  | <https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/9-galactogogues-protocol-english.pdf> |
|  | <https://mother-food.com/wp-content/uploads/2015/09/MotherFood-HandOut.pdf> |
| Gastroesophageal Reflux & Breastfeeding | <https://www.midwife.org.nz/wp-content/uploads/2018/12/Jnl-48-art-2-Gastro-esophageal-Reflux-with-DOI.pdf> |
|  | <https://www.llli.org/breastfeeding-info/reflux/> |
| Gigantomastia | <https://www.healthline.com/health/gigantomastia> |
| Growth Concerns & When to Refer | <https://www.health.govt.nz/system/files/documents/pages/factsheet-6-growth-charts-well-child.pdf> |
| Growth Patterns / Variations in Breastfeed Babies | <https://www.llli.org/breastfeeding-info/growth/> |
| **H** | Hand Expressing colostrum & Breastmilk | <https://www.llli.org/breastfeeding-info/hand-expressing/> |
|  | <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/hand-expression-video/> |
| Healthy Eating for Breastfeeding | <https://www.healthed.govt.nz/resource/eating-healthy-breastfeeding-womenng%C4%81-kai-totika-m%C4%81-te-%C5%ABkaip%C5%8D> |
| Hepatitis C & Breastfeeding | <https://www.starship.org.nz/guidelines/hepatitis-c-maternal-infection-vertical-transmission-and-nursing-care-of-baby/> |
| Herbal Products & Breastfeeding | <https://www.breastfeedingnetwork.org.uk/herbal-medication/> |
|  | <https://www.healthnavigator.org.nz/health-a-z/b/breastfeeding-and-herbal-medicines/> |
| Homeopathy for Breastfeeding | <https://www.homeopathyforwomen.org/breastfeeding.htm> |
|  | <https://www.owenhomoeopathics.com.au/free-information/health-topics/breastfeeding/> |
|  | <https://www.lactation-911.com/homeopathy-and-breastfeeding/> |
| Hypoplasia of Breasts | <https://www.llli.org/breastfeeding-with-hypoplasia-insufficient-glandular-tissue/> |
| HIV/AIDS & Breastfeeding | <https://www.health.govt.nz/your-health/conditions-and-treatments/diseases-and-illnesses/hiv-aids/pregnancy-and-breastfeeding-hiv> |
| **I**  | Importance of Breastfeeding | <http://breastcrawl.org/pdf/why-is-breastfeeding-so-important.pdf> |
|  | <https://www.who.int/nutrition/publications/infantfeeding/9789241594783_Slides02.pdf> |
| Immunity & Breastmilk | <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Breastfeeding-Benefits-Your-Babys-Immune-System.aspx> |
| Induced Lactation & Relactation | <https://www.llli.org/breastfeeding-info/adoption/> |
|  | <https://www.llli.org/breastfeeding-info/relactation/> |
| Inverted nipples | <https://www.llli.org/breastfeeding-info/inverted-flat-nipples/> |
| **J**  | Jaundice & Breastfeeding | <https://www.llli.org/breastfeeding-info/jaundice/> |
| **K** | Know your Breasts - self breast examination | <https://www.breastcancerfoundation.org.nz/breast-awareness/breast-changes/check-your-breasts> |
| **L**  | Lactation Consultants | <https://www.lcanz.org/> |
|  | <https://www.lcanz.org/resources/government/new-zealand/> |
| Lactation Insufficiency | <https://www.breastfeeding.ie/uploads/files/factsheet17.pdf> |
|  | <https://lllusa.org/low-milk-supply/> |
| Lactogenesis – initiating, increasing and maintaining lactation | [https://www.jognn.org/article/S0884-2175(15)31026-1/fulltext](https://www.jognn.org/article/S0884-2175%2815%2931026-1/fulltext) |
| Laid-back Breastfeeding | <http://www.nancymohrbacher.com/breastfeeding-resources-1/2016/12/26/natural-breastfeeding-video> |
| La Leche League New Zealand | <https://lalecheleague.org.nz/> |
| Latching Issues | <https://kellymom.com/ages/newborn/bf-basics/latch-resources/> |
| Latching Techniques | <https://www.laleche.org.uk/positioning-attachment/> |
|  | <https://www.facebook.com/LMJinfantfeeding/videos/583491205954600> |
| Lip Placement in Latching Baby | <https://www.facebook.com/watch?v=491562795324804> |
| Low Breastmilk Supply & Increasing Lactation | <https://lllusa.org/low-milk-supply/> |
|  |  | [https://www.lowmilksupply.org/](https://www.lowmilksupply.org/-) |
|  | LGBTQI+ and Breastfeeding | <https://www.liebertpub.com/doi/pdf/10.1089/bfm.2020.29152.rlf> |
|  |  | <https://ksbreastfeeding.org/our-work/equity/lbgtq-equity/?eType=EmailBlastContent&eId=b60738ca-445e-456e-8574-bed93ba53eb0> |
|  |  | <https://www.llli.org/breastfeeding-info/transgender-non-binary-parents/> |
|  |  | [http://www.usbreastfeeding.org/p/cm/ld/fid=838?eType=EmailBlastContent&eId=380d639b-b731-477c-b67b-bbd05f1ef041](http://www.usbreastfeeding.org/p/cm/ld/fid%3D838?eType=EmailBlastContent&eId=380d639b-b731-477c-b67b-bbd05f1ef041) |
| **M** | Marijuana & Breastfeeding | <https://kellymom.com/bf/can-i-breastfeed/lifestyle/marijuana/> |
| Māori & Pasifika Language Breastfeeding Resources | <https://lalecheleague.org.nz/information/pacific-resources/> |
| Mastitis | <https://canterbury.communityhealthpathways.org/24382.htm> |
|  | <https://www.llli.org/breastfeeding-info/mastitis/> |
|  | <https://kellymom.com/bf/concerns/mother/mastitis/> |
| Mammary Dysbiosis | <https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/26-persistent-pain-protocol-english.pdf> |
|  | <https://pubmed.ncbi.nlm.nih.gov/33305975/> |
| Maximising Lactation | <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2020/03/Unicef-UK-Baby-Friendly-Initiative-Maximising-breastmilk-and-re-lactation-guidance-2.pdf> |
| Medications in Breastmilk | <https://canterbury.communityhealthpathways.org/24386.htm> |
|  | <https://www.infantrisk.com/> |
|  | <http://www.e-lactancia.org/> |
|  | <https://www.ncbi.nlm.nih.gov/books/NBK501922/> |
| Microbiome Development in Baby | <https://royalsocietypublishing.org/doi/10.1098/rsob.190128> |
| Milk Ejection Reflex | <https://www.lllc.ca/sounds-breastfeeding> |
| Mouth Assessment of Newborn | <https://www.futurelearn.com/info/courses/neonatal-assessment/0/steps/51127> |
| **N** | New Zealand Breastfeeding Strategy | <https://www.health.govt.nz/our-work/life-stages/breastfeeding/national-breastfeeding-strategy-new-zealand-aotearoa-rautaki-whakamana-whangote> |
| Nipple Blanching & Vasospasm | <https://kellymom.com/bf/concerns/mother/nipple-blanching/> |
| Nipple Bleb or Milk Blister | <https://kellymom.com/bf/concerns/mother/nipplebleb/> |
|  | <https://www.breastfeeding.asn.au/bfinfo/white-spot-nipple> |
| Nipple Confusion | <https://www.laleche.org.uk/nipple-confusion/> |
| Nipple Creams, Ointments, Balms, Salves | <https://www.motherandchildhealth.com/breastfeeding/all-about-nipple-creams-and-ointments/> |
| Nipple Shape & Size | <https://www.verywellfamily.com/breastfeeding-with-different-nipple-shapes-and-sizes-431669> |
| Nipple Pain | <https://www.laleche.org.uk/nipple-pain/> |
| Nipple Infection | <https://www.breastfeeding.asn.au/bfinfo/nipple-infections> |
| Nipple Shields | <https://kellymom.com/ages/newborn/nb-challenges/wean-shield/> |
|  | <https://www.lactationtraining.com/resources/educational-materials/handouts-parents?task=document.viewdoc&id=41> |
| Nipple Trauma | <https://www.rebeccaglover.com.au/viewStory/Nipple_Pain_and_Trauma_-_Prevention_and_Cure> |
| Not Breastfeeding – The Risks | <https://scielo.conicyt.cl/pdf/rcp/v88n1/en_art01.pdf> |
|  | NZBA (NZ Breastfeeding Authority) Resource List | <https://www.babyfriendly.org.nz/fileadmin/user_upload/NZBA_Resource_Price_List_2021.pdf> |
| **O** | Oral Development and Breastfeeding | <https://www.lllc.ca/thursdays-tip-breastfeeding-and-oral-development> |
| Oral Thrush – Baby | <https://www.plunket.org.nz/caring-for-your-child/hygiene-and-daily-care/baby-genitals/thrush-infection/> |
| Oversupply of Breastmilk – Diagnosis & Management | <https://www.laleche.org.uk/too-much-milk-and-oversupply/> |
|  | Pacific & Māori Language Breastfeeding Resources  | <https://lalecheleague.org.nz/information/pacific-resources/> |
| **P** | Pacifier Use | <https://kellymom.com/ages/newborn/newborn-concerns/pacifier/> |
| Paced Bottle Feeding | <https://www.youtube.com/watch?v=OGPm5SpLxXY> |
|  | <https://www.lactationtraining.com/resources/educational-materials/handouts-parents?task=document.viewdoc&id=43> |
|  | <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4258847/pdf/peds.2014-0646L.pdf> |
| Pain During Breastfeeding | <https://www.llli.org/breastfeeding-info/pain-general/> |
| Physiology of Baby Sucking & Swallowing | <https://www.health-e-learning.com/articles/anatomy_of_latch.pdf> |
| Plugged Ducts Diagnosis & Treatment | <https://kellymom.com/bf/concerns/mother/mastitis/> |
| Positions for Breastfeeding | <https://globalhealthmedia.org/portfolio-items/positions-for-breastfeeding/?portfolioCats=191%2C94%2C13%2C23%2C65> |
|  | <https://www.facebook.com/watch?v=491562795324804> |
| Pre-eclampsia & Hypertensive Disorders & Breastfeeding | <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5855986/> |
| Premature Baby & Breastfeeding | <https://www.laleche.org.uk/successfully-breastfeeding-premature-baby/> |
| Preparation for Breastfeeding | <https://www.plunket.org.nz/caring-for-your-child/feeding/breastfeeding/preparing-to-breastfeed/> |
| PURPLE Crying | <https://www.healthnavigator.org.nz/healthy-living/c/crying-baby/> |
| **Q**  | Questionnaire, Breastfeeding | A resource for this is in development |
|  | Rainbow Community & Breastfeeding/ Chest feeding | <https://www.rainbowfamilies.com.au/supporting_lgbtiqa_families_in_their_human_milk_feeding_and_lactation_journeys> |
| **R** | Raynaud’s Disease & Breastfeeding | <https://www.laleche.org.uk/nipple-pain/> |
| Refusal of Breast | <https://www.llli.org/breastfeeding-info/nursing-strikes/#:~:text=If%20your%20baby%20or%20toddler,they%20are%20almost%20always%20temporary.> |
| Relactation | <https://www.llli.org/breastfeeding-info/relactation/> |
| Reverse Pressure Softening | <https://www.youtube.com/watch?v=3ULnIUeHAIM> |
|  | <https://www.youtube.com/watch?v=2_RD9HNrOJ8> |
|  | <https://www.laleche.org.uk/tag/reverse-pressure-softening/> |
| Rooting Reflex | <https://www.youtube.com/watch?v=QXGuGKL57xo> |
| Rotary Community Breastmilk Bank | <https://canterburywestcoast.midwife.org.nz/community/rotary-community-breast-milk-bank/> |
|  | Safe Sleep | <https://www.llli.org/the-safe-sleep-seven/> |
| Same Gender Couples & Breastfeeding | <https://www.health4mom.org/lactation-options-strategies-for-lbgtq-persons/> |
| Sexuality & Breastfeeding | <https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Breastfeeding-and-Sexuality.aspx> |
| Skin to Skin Contact | <https://www.cdhb.health.nz/wp-content/uploads/b8939896-nzba-skin-to-skin-contact-2018-19.pdf> |
| Sleepy Baby & Breastfeeding | <https://www.laleche.org.uk/sleepy-baby-why-and-what-to-do/> |
| Sleep Patterns for Newborns | <https://www.plunket.org.nz/child-development/sleep/newborn-sleep/newborn-to-3-months/> |
| Smoking & Breastfeeding | <https://www.llli.org/breastfeeding-info/smoking-and-breastfeeding/> |
| Snuffly Nose (baby) & Breastfeeding | <https://patient.info/childrens-health/blocked-nose-in-babies-snuffles> |
| Sterilisation of Breast pumps & Aids to Breastfeeding | <https://www.nct.org.uk/baby-toddler/feeding/practical-tips/how-sterilise-baby-bottles-breast-pumps-and-other-feeding-equipment> |
|  | <https://www.plunket.org.nz/caring-for-your-child/feeding/breastfeeding/expressing-breast-milk/> |
| Stillbirth (Infant Loss) & Lactation | <https://www.llli.org/when-a-mother-experiences-infant-loss/> |
|  | <https://www.breastfeeding.asn.au/bfinfo/lactation-after-infant-death> |
|  | <https://breastfeeding.support/lactation-after-stillbirth-infant-loss/> |
| Storage of Colostrum & Breastmilk | <https://www.healthinfo.org.nz/patientinfo/47123.pdf> |
| Suck-Swallow Reflex | <https://pubmed.ncbi.nlm.nih.gov/26319112/> |
| SUDI | <http://www.sidsandkids.org.nz/media/press/pdf/SIDS_NZ_Breastfeeding_IS1416271790.pdf> |
| Support Persons & Breastfeeding | <https://www.health.govt.nz/your-health/pregnancy-and-kids/first-year/helpful-advice-during-first-year/breastfeeding-perfect-you-and-your-baby/supporting-breastfeeding-mother> |
|  | Surrogacy & Breastfeeding | <https://surrogate.com/intended-parents/raising-a-child-born-from-surrogacy/breastfeeding-and-surrogacy/> |
|  |  | <https://www.llli.org/breastfeeding-my-surrogate-baby/> |
| **T** | Tandem Breastfeeding Older Sibling & New Baby | <https://www.llli.org/breastfeeding-info/breastfeeding-pregnancy-tandem-nursing/> |
| Tongue-Tie Assessment & Referral | <https://www.midwife.org.nz/wp-content/uploads/2019/05/Tongue-tie-Ankyloglossia.pdf> |
| Torticollis & Breastfeeding | <https://www.researchgate.net/publication/271389381_Breastfeeding_Infants_with_Congenital_Torticollis> |
| Transfer of Breastmilk - how do you know baby is getting enough milk | <https://www.lllc.ca/sites/default/files/457_CMYK_2015.pdf> |
| Transportation of Colostrum & Breastmilk | <http://brochures.mater.org.au/brochures/mater-mothers-hospital/antenatal-expression-of-colostrum> |
| Twin Breastfeeding | <https://www.laleche.org.uk/twins/> |
| **U** | Understanding the Newborn Baby | <https://www.plunket.org.nz/child-development/communication/communication-newborn-3-months-2/understanding-what-your-baby-wants-or-needs/> |
| Upright Breastfeeding | <https://www.llli.org/breastfeeding-info/positioning/> |
| **V**  | Vegetarian / Vegan Diet & Breastfeeding | <https://www.verywellfamily.com/breastfeeding-and-vegetarian-diets-431861> |
| Vomiting, baby & Breastfeeding | <https://kellymom.com/hot-topics/reflux/> |
| **W** | Warming Expressed Breastmilk Safely | <https://www.starship.org.nz/storing-and-using-breast-milk/> |
| Weaning from Breastfeeding | <https://www.llli.org/breastfeeding-info/weaning-how-to/> |
| Weight Gain & Breastfeeding - Baby | <https://kellymom.com/bf/normal/weight-gain-metric/#:~:text=%E2%80%A0%20It%20is%20acceptable%20for,2%20%E2%80%93%203%20times%20birth%20weight.> |
| Weight Loss & Breastfeeding - Baby | <https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%93baby/baby-weight-gains> |
| Wet Nursing / Sharing Breastfeeding | <https://www.llli.org/breastfeeding-info/milk-donation/> |
| WHO Code, International Code of Marketing Breastmilk Substitute | <https://www.health.govt.nz/our-work/who-code-nz> |
| Working & Breastfeeding | <http://canbreastfeed.co.nz/workplace/> |
| **X** |  |  |
| **Y** |  |  |
| **Z** |  |  |