BREASTFEEDING APPS AND WEBSITES



Coffective App: Coffective helps prepare pregnant women and their support system for their hospital experience. Along with step by step breastfeeding education, this tool enables women to build their care and support team, select their infant feeding goals, and track their progress toward learning about evidence-based practices for successful breastfeeding. Price: free. https://coffective.com/



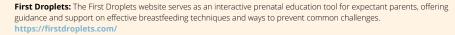
Pacify App: Pacify provides new and expectant parents with on-demand access to audio-video calls with clinicians including nurses, lactation consultants, and dietitians. The providers are available for unlimited support 24/7, allowing mothers to get advice and encouragement on breastfeeding, pumping, infant health issues, and other information any time, as often as they need. Price: app is free, various levels of subscription fees. https://www.pacify.com/



Breastfeeding Solutions App: Breastfeeding Solutions is a user-friendly resource that provides solutions to the 30 most common breastfeeding problems. Price: \$4.99. http://www.nancymohrbacher.com/breastfeeding-apps-1



Ready, Set, BABY: Ready, Set, BABY (RSB) is an educational program designed to counsel prenatal women about maternity care best practices and the benefits and management of breastfeeding, incorporating other important information to help women achieve their goals. https://www.readysetbabyonline.com/





NewMomHealth.com: A resource created by The 4th Trimester Project at UNC Chapel Hill. The website offers evidence-based health information and guidance for navigating the physical, emotional, and relational obstacles of new motherhood. The site also serves as a space for women and their supporters to share their stories and experiences. https://newmomhealth.com/breasts



Office of Women's Health: Your Guide to Breastfeeding: Your Guide to Breastfeeding is a comprehensive, easy-to-read guide with information, resources, and support for successful breastfeeding.

https://www.womenshealth.gov/patient-materials/resource/guides https://www.womenshealth.gov/patient-materials/resource/videos



Pennsylvania Breastfeeding Referral Guide: The *PA Breastfeeding Referral Guide* contains county-specific individuals and organizations that can provide breastfeeding awareness, support and assistance.

https://www.health.pa.gov/topics/Documents/Programs/Infant%20and%20Children%20Health/Breastfeeding%20Referral%20Guide.pdf

MAGIC OF MOTHER'S MILK

Good For Mom:

- Reduced risk of breast and ovarian cancers
- Reduced risk of postpartum depression
- Reduced risk of developing Type 2 diabetes
- Reduced risk of heart disease
- Plus more!



Good For Baby:

- Boosts immune system
- Fewer ear and respiratory infections
- Reduced risk of developing diabetes, obesity, asthma, and some cancers
- Decreased risk for Sudden Infant Death Syndrome (SIDS)
- Plus more!

Pennsylvania Chapter

