

Useful Resources for Breastfeeding Parents

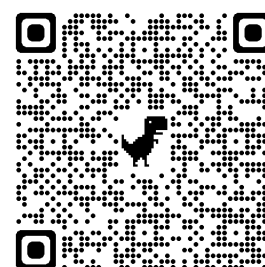


You may find it helpful to review the resources below. It can be helpful to send these links to your birth partner/support person so that you can revisit them if needed.

These resources are intended to compliment the information provided by your Midwife/care provider.

Hand Expressing Video:

www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/hand-expression-video



Positioning and Attachment Video:

<https://globalhealthmedia.org/videos/attaching-your-baby-at-the-breast>



Parent Club Scotland:

www.parentclub.scot/topics/feeding/breastfeeding

