



## Breastfeeding Support Resource list – Marianne Brophy

<b>References and Resources:</b>	
<b>1</b>	<b>The importance of breastfeeding for maternal and child health</b>
	Acta Paediatrica Special Issue: The Impact of Breastfeeding on Maternal and Child Health <a href="http://www.unicef.org.uk/BabyFriendly/News-and-Research/Research/Miscellaneous-illnesses/The-impact-of-breastfeeding-on-maternal-and-child-health/">http://www.unicef.org.uk/BabyFriendly/News-and-Research/Research/Miscellaneous-illnesses/The-impact-of-breastfeeding-on-maternal-and-child-health/</a>
	Traditional practices: National Collaborating Centre for Aboriginal Health <ul style="list-style-type: none"> <li>• Inutsiaqpagutit – that which enables you to have a good life: supporting Inuit early life health  <a href="http://www.nccah-ccnsa.ca/docs/fact%20sheets/child%20and%20youth/Inuit%20early%20life%20EN%20web.pdf">http://www.nccah-ccnsa.ca/docs/fact%20sheets/child%20and%20youth/Inuit%20early%20life%20EN%20web.pdf</a></li> <li>• Inuit Qaujimagatuqangit: The role of indigenous knowledge in supoting wellness in Inuit communities in Nunavut (1012)  <a href="http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/6/Indigenous%20Knowledge%20in%20Inuit%20Communities%20(Engilsh%20-%20web).pdf">http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/6/Indigenous%20Knowledge%20in%20Inuit%20Communities%20(Engilsh%20-%20web).pdf</a></li> </ul>
	National Aboriginal Health Organization (NAHO) <ul style="list-style-type: none"> <li>• Cultural competency and safety in First Nations, Inuit and Métis health care  <a href="http://www.naho.ca/documents/naho/english/factSheets/culturalCompetency.pdf">http://www.naho.ca/documents/naho/english/factSheets/culturalCompetency.pdf</a></li> <li>• Sacred Ways of Life: Traditional Knowledge  <a href="http://www.naho.ca/documents/fnc/english/FNC_TraditionalKnowledgeToolkit.pdf">http://www.naho.ca/documents/fnc/english/FNC_TraditionalKnowledgeToolkit.pdf</a></li> </ul>
<b>2</b>	<b>Social Determinants of Health</b>
	2014 ITK Comprehensive Report on the Social Determinants of Inuit Health <a href="https://www.itk.ca/publication/comprehensive-report-social-determinants-inuit-health-national-inuit-organization">https://www.itk.ca/publication/comprehensive-report-social-determinants-inuit-health-national-inuit-organization</a>
	Eni, R, Phillips---Beck, W, Mehta, P. (2014). At the Edges of Embodiment: Determinants of Breastfeeding for First Nations Women. Breastfeeding Medicine, 9(4): 203---14. <a href="http://www.pubfacts.com/detail/24606065/At-the-edges-of-embodiment-determinants-of-breastfeeding-for-first-nations-women">http://www.pubfacts.com/detail/24606065/At-the-edges-of-embodiment-determinants-of-breastfeeding-for-first-nations-women</a>
	2013 Perinatal Health Indicators Canada: <a href="http://publications.gc.ca/collections/collection_2014/aspc-phac/HP7-1-2013-eng.pdf">http://publications.gc.ca/collections/collection_2014/aspc-phac/HP7-1-2013-eng.pdf</a>
<b>3</b>	<b>Importance of breastfeeding and risks of formula feeding</b>
	What's in Breastmilk Poster: <a href="http://www.bcbabyfriendly.ca/whatsinbreastmilkposter.pdf">http://www.bcbabyfriendly.ca/whatsinbreastmilkposter.pdf</a>
	WABA poster – 21 dangers of infant formula <a href="http://waba.org.my/pdf/21dangers-jun2012.pdf">http://waba.org.my/pdf/21dangers-jun2012.pdf</a>
	Importance of breastfeeding and risks of not breastfeeding: World Health Organization <a href="http://www.who.int/mediacentre/factsheets/fs342/en/">http://www.who.int/mediacentre/factsheets/fs342/en/</a> <a href="http://www.who.int/nutrition/global-target-2025/infographic_breastfeeding.pdf?ua=1">http://www.who.int/nutrition/global-target-2025/infographic_breastfeeding.pdf?ua=1</a> WHO Philippines poster: 10 good things you need to know about exclusive breastfeeding <a href="http://visual.ly/10-good-things-you-need-know-about-exclusive-breastfeeding">http://visual.ly/10-good-things-you-need-know-about-exclusive-breastfeeding</a>

<b>4</b>	<b>Breastfeeding support across the continuum of care</b>
	<p>PHAC: Protecting, Promoting and Supporting Breastfeeding: A Practical Workbook for Community-Based Programs 2<sup>nd</sup> Edition (2014)  <a href="http://www.phac-aspc.gc.ca/hp-ps/dca-dea/publications/pdf/ppsb-ppsam-eng.pdf">http://www.phac-aspc.gc.ca/hp-ps/dca-dea/publications/pdf/ppsb-ppsam-eng.pdf</a></p>
<b>Best Practice Standards</b>	
 <p>Breastfeeding Committee for Canada      Comité canadien pour l'allaitement</p>	<p><b>BCC BFI Ten Steps Integrated Outcome Indicators</b>  <a href="http://www.breastfeedingcanada.ca/documents/Indicators%20-%20complete%20June%202017.pdf">http://www.breastfeedingcanada.ca/documents/Indicators%20-%20complete%20June%202017.pdf</a></p>
<p>Canadian Pediatric Society Position Statement: The Baby-Friendly Initiative: Protecting, promoting and supporting breastfeeding 2012, updated 2015  <a href="http://www.cps.ca/en/documents/position/baby-friendly-initiative-breastfeeding">http://www.cps.ca/en/documents/position/baby-friendly-initiative-breastfeeding</a></p>	
<b>Resources for Parents</b>	
<p>British Columbia First Nations Health Authority  <a href="http://www.fnha.ca/wellnessContent/Wellness/AboriginalPregnancyPassport.pdf">http://www.fnha.ca/wellnessContent/Wellness/AboriginalPregnancyPassport.pdf</a>  <a href="http://www.perinatalservicesbc.ca/Documents/Resources/HealthPromotion/PregnancyPassport/WomensHealthPregnancyPassport.pdf">http://www.perinatalservicesbc.ca/Documents/Resources/HealthPromotion/PregnancyPassport/WomensHealthPregnancyPassport.pdf</a></p> <p>Parenting resources booklets for childhood health and wellness  <a href="http://www.fnha.ca/Documents/familyconnections.pdf">http://www.fnha.ca/Documents/familyconnections.pdf</a>  <a href="http://www.fnha.ca/Documents/growingup.pdf">http://www.fnha.ca/Documents/growingup.pdf</a>  <a href="http://www.fnha.ca/Documents/parentteacher.pdf">http://www.fnha.ca/Documents/parentteacher.pdf</a>  <a href="http://www.fnha.ca/Documents/fatherforever.pdf">http://www.fnha.ca/Documents/fatherforever.pdf</a></p>	
<b>Perinatal Services BC:</b>	
<p>Celebrating the Circle of Life: a guide to emotional health in pregnancy and early motherhood for Aboriginal women and their families  <a href="http://www.perinatalservicesbc.ca/health-professionals/professional-resources/aboriginal-resources/emotional-health">http://www.perinatalservicesbc.ca/health-professionals/professional-resources/aboriginal-resources/emotional-health</a>  <a href="http://www.perinatalservicesbc.ca/Documents/Resources/Aboriginal/CircleOfLife/CircleOfLife.pdf">http://www.perinatalservicesbc.ca/Documents/Resources/Aboriginal/CircleOfLife/CircleOfLife.pdf</a></p>	
<p>Baby's Best Chance: Parent's Handbook of Pregnancy and Baby Care          In British Columbia, all pregnant women receive this booklet from Public Health.          It can also be downloaded from  <a href="http://www.health.gov.bc.ca/library/publications/year/2015/babys-best-chance-2015.pdf">http://www.health.gov.bc.ca/library/publications/year/2015/babys-best-chance-2015.pdf</a></p>	
<b>Best Start:</b>	
<p>Breastfeeding for the Health and Future of our Nation: A booklet for indigenous families  <a href="http://www.beststart.org/resources/breastfeeding/BFHFN_sept26.pdf">http://www.beststart.org/resources/breastfeeding/BFHFN_sept26.pdf</a>          Available in English, Cree and Ojibway</p>	
<p>Breastfeeding Matters: An important guide to breastfeeding for women and their families  <a href="http://www.beststart.org/resources/breastfeeding/breastfeeding_matters_EN_LR.pdf">http://www.beststart.org/resources/breastfeeding/breastfeeding_matters_EN_LR.pdf</a>          2016 English, French, Arabic, Chinese, Farsi, Gujarati, Hindi, Korean, Punjabi, Serbian, Somali, Spanish, tagalog, tamil, Urdu, Vietnamese</p>	

	<p><b>Videos - hand expression: For health care providers and mothers.</b></p> <ul style="list-style-type: none"> <li>National Breastfeeding Committee of Denmark: How to Milk by Hand, How to Feed from a Cup</li> <li>Stanford video <a href="http://newborns.stanford.edu/Breastfeeding/HandExpression.html">http://newborns.stanford.edu/Breastfeeding/HandExpression.html</a></li> <li>BC – Healthy FamiliesBC: <a href="http://www.healthyfamiliesbc.ca/home/articles/topic/feeding">www.healthyfamiliesbc.ca/home/articles/topic/feeding</a></li> </ul>
	<p><b>Contraception and Breastfeeding: including LAM</b></p> <ul style="list-style-type: none"> <li><b>Academy of Breastfeeding Medicine Protocol</b> <a href="http://www.bfmed.org/Media/Files/Protocols/Contraception%20During%20Breastfeeding.pdf">http://www.bfmed.org/Media/Files/Protocols/Contraception%20During%20Breastfeeding.pdf</a></li> </ul>
<b>5</b>	<b>Anticipatory guidance – early, effective, exclusive bf</b>
	<b>Videos:</b> BC – Healthy FamiliesBC: <a href="http://www.healthyfamiliesbc.ca/home/articles/topic/feeding">www.healthyfamiliesbc.ca/home/articles/topic/feeding</a>
<b>5.1</b>	<b>Breastfeed Early &amp; often</b>
	<p><b>Skin-to-Skin</b></p> <ul style="list-style-type: none"> <li>BCC Integrated Ten Steps Practice Outcomes Indicators. Step 4. <a href="http://www.breastfeedingcanada.ca/documents/2012-05-14_BCC_BFI_Ten_Steps_Integrated_Indicators.pdf">http://www.breastfeedingcanada.ca/documents/2012-05-14_BCC_BFI_Ten_Steps_Integrated_Indicators.pdf</a></li> </ul> <p><b>Videos and articles: for parents</b></p> <ul style="list-style-type: none"> <li>Skin-to-skin contact <a href="https://www.healthyfamiliesbc.ca/home/articles/video-breastfeeding-and-skin-skin-contact">https://www.healthyfamiliesbc.ca/home/articles/video-breastfeeding-and-skin-skin-contact</a></li> <li>Video: <b>Feeding cues and behaviours</b> <a href="https://www.healthyfamiliesbc.ca/home/articles/video-about-baby-feeding-cues-and-behaviours">https://www.healthyfamiliesbc.ca/home/articles/video-about-baby-feeding-cues-and-behaviours</a></li> </ul>
	<p><b>Bonding and attachment:</b></p> <p><b>National Collaborating Centre for Aboriginal Health</b></p> <ul style="list-style-type: none"> <li>The Sacred Space of Womanhood: Mothering Across the Generations (2013) <a href="http://www.nccah-ccsa.ca/Publications/Lists/Publications/Attachments/119/motherhood_EN_web.pdf">http://www.nccah-ccsa.ca/Publications/Lists/Publications/Attachments/119/motherhood_EN_web.pdf</a></li> <li>Caregiver-Infant Attachment for Aboriginal Families (2013) <a href="http://www.nccah-ccsa.ca/Publications/Lists/Publications/Attachments/75/Infant%20Attachment%20Fact%20Sheet_English.pdf">http://www.nccah-ccsa.ca/Publications/Lists/Publications/Attachments/75/Infant%20Attachment%20Fact%20Sheet_English.pdf</a></li> <li>Understanding neglect in First Nations families (2013) <a href="http://www.nccah-ccsa.ca/Publications/Lists/Publications/Attachments/11/UnderstandingNeglect_EN_web.pdf">http://www.nccah-ccsa.ca/Publications/Lists/Publications/Attachments/11/UnderstandingNeglect_EN_web.pdf</a></li> </ul>
<b>5.2</b>	<b>Effective Breastfeeding</b>
	<p>BCC Integrated Ten Steps Practice Outcomes Indicators Appendix 5.1: Effective position &amp; latch <a href="http://www.breastfeedingcanada.ca/documents/Indicators%20-%20complete%20June%202017.pdf">http://www.breastfeedingcanada.ca/documents/Indicators%20-%20complete%20June%202017.pdf</a></p>
	<p>Video for parents: <a href="https://www.healthyfamiliesbc.ca/home/articles/video-latching-your-baby">https://www.healthyfamiliesbc.ca/home/articles/video-latching-your-baby</a></p>
	<p>Pattern for making cotton breast pads: <a href="http://diymaternity.com/accessories/how-to-make-nursing-pads-with-free-pattern/">http://diymaternity.com/accessories/how-to-make-nursing-pads-with-free-pattern/</a></p>

Rebecca Glover Breastfeeding Education Materials

<http://www.rebeccaglover.com.au/>

- DVD Follow Me Mum
- Teaching charts (A4) and Tear off Sheets (A4): Attachment/ latch and Holding Me
- Free Download – Teaching Tools:
  - 7 Fundamental Latching Behaviours
  - Pocket Flash Cards
  - Helping Continuum Table

### 5.3 Signs of thriving infants and mothers

- WHO/ Canada growth charts

<http://www.dietitians.ca/Secondary-Pages/Public/Who-Growth-Charts.aspx>

### 5.4 Infant Sleep

- Middlemiss W & Kendall-Tackett K (2014) The Science of Mother-Infant Sleep. Current findings on Bedsharing, Breastfeeding, Sleep Training, and Normal Infant Sleep.  
AND <http://www.uppitysciencechick.com/sleep.html>

- Perinatal Services BC: Safe Sleep Environment Guideline 0-12 months

[http://www.perinatalervicesbc.ca/sites/bcrpc/files/Guidelines/Health\\_Promotion\\_and\\_Prevention/Infant\\_Sleep\\_Environment.pdf](http://www.perinatalervicesbc.ca/sites/bcrpc/files/Guidelines/Health_Promotion_and_Prevention/Infant_Sleep_Environment.pdf)

- Infant Sleep Information Source (ISIS) – Durham University et al

<https://www.isisonline.org.uk/> and <https://www.isisonline.org.uk/app/>

<b>6.1</b>	<b>Ill mother, medications</b>
	<ul style="list-style-type: none"> <li>• Hale T &amp; Rowe H (2014) Medications and Mother's Milk</li> <li>• Motherisk: The Hospital for Sick Children <a href="http://www.motherisk.org/">www.motherisk.org/</a> (1-877 439-2744 or 416 813 6780)</li> </ul>
<b>6.2</b>	<b>Maternal substance use</b>
	<ul style="list-style-type: none"> <li>• Alcohol reduction <a href="http://www.beststart.org/resources/alc_reduction/pdf/brstfd_alc_deskref_eng.pdf">www.beststart.org/resources/alc_reduction/pdf/brstfd_alc_deskref_eng.pdf</a> Motherisk Helpline (1-877 439-2744 or 416 813 6780) or <a href="http://www.motherisk.org">www.motherisk.org</a></li> <li>• Nunvut Quits. Tobacco has no Place Here <a href="http://www.nuquits.gov.nu.ca/">http://www.nuquits.gov.nu.ca/</a></li> <li>• Cannabis – Risks on Fertility, Pregnancy, Breastfeeding and Parenting <a href="https://www.beststart.org/resources/alc_reduction/RisksOfCannabis_A30-E.pdf">https://www.beststart.org/resources/alc_reduction/RisksOfCannabis_A30-E.pdf</a></li> </ul>
<b>6.3</b>	<b>Maternal perinatal mental health</b>
	<ul style="list-style-type: none"> <li>• Kendall-Tackett (2005) Handbook of Women, Stress &amp; Trauma Also excellent website: <a href="http://www.uppitysciencechick.com/">http://www.uppitysciencechick.com/</a></li> <li>• Poole, N and Greaves L. (2012) Becoming Trauma Informed</li> <li>• Trauma-Informed Practice Guide (2013) BC Mental Provincial Health and Substance use Planning Council. <a href="http://bccewh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf">http://bccewh.bc.ca/wp-content/uploads/2012/05/2013_TIP-Guide.pdf</a></li> <li>• Coalescing on Women and Substance Use: Trauma-informed Online Tool BC Centre for Excellence in Women's Health <a href="http://www.coalescing-vc.org/virtualllearning/documents/trauma-informed-online-tool.pdf">http://www.coalescing-vc.org/virtualllearning/documents/trauma-informed-online-tool.pdf</a></li>   <li>• Perinatal Services BC: Best Practices Guideline for Mental Health Disorders in the Perinatal Period (2014) <a href="http://www.perinatalservicesbc.ca/Documents/Guidelines-Standards/Maternal/MentalHealthDisordersGuideline.pdf">http://www.perinatalservicesbc.ca/Documents/Guidelines-Standards/Maternal/MentalHealthDisordersGuideline.pdf</a></li> <li>• Best Start Resource Centre. (2009). <i>Creating Circles of Support for Pregnant Women and New Parents: A manual for service providers supporting women's mental health in pregnancy and postpartum</i> <a href="http://www.beststart.org/resources/ppmd/pdf/circles_of_support_manual_fnl.pdf">http://www.beststart.org/resources/ppmd/pdf/circles_of_support_manual_fnl.pdf</a></li>   <li>National Collaborating Centre for Aboriginal Health <a href="http://www.nccah-ccnsa.ca/34/Publications.nccah">http://www.nccah-ccnsa.ca/34/Publications.nccah</a></li> <li>• 2015-10-08 Understanding Depression in Aboriginal Communities and Families <a href="http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/150/2015-10-07-RPT-MentalHealth03-Depression-BellamyHardy-EN-Web.pdf">http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/150/2015-10-07-RPT-MentalHealth03-Depression-BellamyHardy-EN-Web.pdf</a></li> <li>• 2015-10-08 Anxiety Disorders and Aboriginal Peoples in Canada <a href="http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/151/2015-10-07-RPT-MentalHealth02-Anxiety-BellamyHardy-EN-Web.pdf">http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/151/2015-10-07-RPT-MentalHealth02-Anxiety-BellamyHardy-EN-Web.pdf</a></li> <li>• PTSD in Aboriginal People in Canada <a href="http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/152/2015-10-07-RPT-MentalHealth01-PTSD-BellamyHardy-EN-Web.pdf">http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/152/2015-10-07-RPT-MentalHealth01-PTSD-BellamyHardy-EN-Web.pdf</a></li> </ul>