

# 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 of Sudden Infant Death Syndrome (SIDS)
- *Plus more!*



**Pennsylvania Chapter**



# BREASTFEEDING APPS AND WEBSITES

## ***Pacify App:***

Providing new and expectant parents with unlimited 24/7 access to audio/video calls with clinicians including nurses, lactation consultants, and dietitians for advice on breastfeeding, pumping, infant health and more. Visit <https://www.pacify.com/> or scan the QR code.



## ***Ready, Set, BABY(RSB):***

This educational program is designed to counsel prenatal families about maternity care best practices relating to breastfeeding. Visit <https://www.readysetbabyonline.com/> or scan the QR code.



## ***First Droplets:***

This site serves as an interactive supportive prenatal education tool for expectant parents, suggesting effective breastfeeding techniques and ways to overcome challenges. Visit <https://www.firstdroplets.com/> or scan the QR code.



## ***Office of Women's Health:***

This website is packed with information and resources to help you navigate breastfeeding. Visit <https://www.womenshealth.gov/breastfeeding-resources> or scan the QR code.



## ***Global Health Media Breastfeeding Series:***

This website contains videos on how to improve latch, positioning, milk supply initiation and more, offered in 46 different languages. Visit <https://globalhealthmedia.org/topic/breastfeeding/> or scan the QR code.

