

Breastfeeding Resources During COVID-19

Pregnancy, Breastfeeding and COVID-19	
AAFP American Academy of Family Physicians Breastfeeding & COVID-19 Statement	https://www.aafp.org/news/health-of-the-public/20200421covidguidance.html https://www.aafp.org/news/health-of-the-public/20200421covidguidance.html “Avoid mother-infant separation Whenever Possible.”
World Health Organization 	https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding
Centers for Disease Control (CDC) Breastfeeding and COVID-19	https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/covid-19-and-breastfeeding.html https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fpregnancy-breastfeeding.html Transmission https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Ftransmission.html First Do No Harm Pregnancy & Breastfeeding: Information about Coronavirus Disease 2019 "Should Infants Be Separated from Mothers with COVID-19? First, Do No Harm"

Breastfeeding Resources During COVID-19

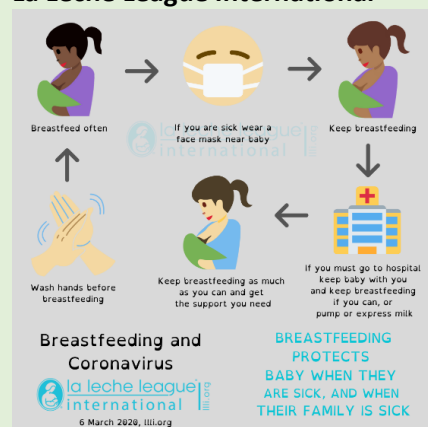
CDPH-California Department of Public Health



<https://www.cdph.ca.gov/Programs/CFH/DMCAH/Pages/COVID-19/Pregnancy-Breastfeeding-and-Infants.aspx>

Infographic

La Leche League International



<https://llusa.org/coronavirus-and-breastfeeding/>

Infographic

USLCA

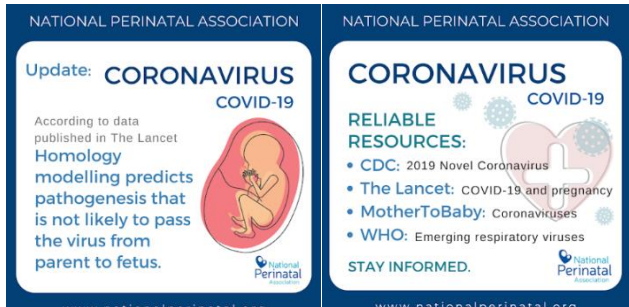
United States Lactation Consultant Association



http://uslca.org/wp-content/uploads/2020/03/Breastfeeding-through-COVID_19.pdf

Infographic

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<p>National Perinatal Association</p> 	<p>http://www.nationalperinatal.org/COVID-19</p>
<p>Infographics</p> <p>Covid 19 in Pregnant/Lactating Women Lancet Study</p>	<p>The Lancet Infectious Diseases https://www.thelancet.com/journals/laninf/article/PIIS1473-3099(20)30192-4/fulltext</p>
<p>American Academy of Pediatrics</p> <p>AAP-Infant Nutrition During Disaster</p>	<p>https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/2019-Novel-Coronavirus.aspx https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Documents/InfantNutritionDisaster.pdf</p>
<p>ACOG Committee Opinion</p>	<p>http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Obstetric-Practice/Optimizing-Support-for-Breastfeeding-as-Part-of-Obstetric-Practice</p>
<p>Relactation</p>	<p>https://kellymom.com/ages/adopt-relactate/relactation-resources/ https://www.lli.org/breastfeeding-info/relactation/?fbclid=IwAR1uz4nUE87efJ0i9NKwRL5fVE7thPXHPoDH6AQwRIS365iMN3xhKZLv0y8</p>
<p>California Perinatal Quality Care Collaborative</p>	<p>https://caperinatalprograms.org/</p>

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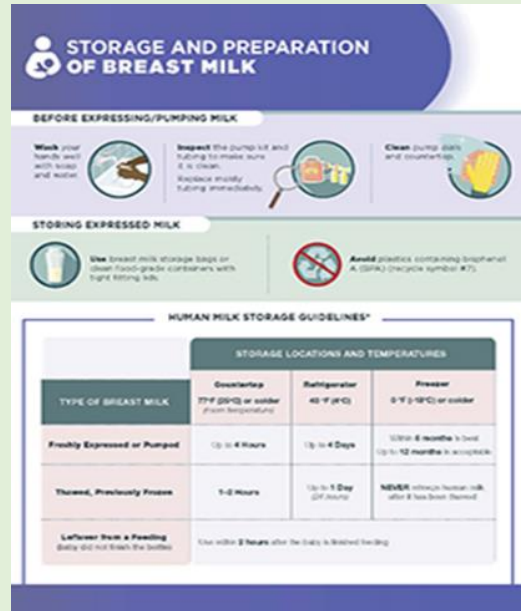
Breastfeeding Guidelines

Academy of Breastfeeding Medicine COVID-19 Statement	https://www.bfmed.org/abm-statement-coronavirus
Academy of Breastfeeding Medicine Protocols	https://www.bfmed.org/protocols
Contraindications to Breastfeeding or Feeding Expressed Breast Milk to Infants	https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/contraindications-to-breastfeeding.html
Breastfeeding In a similar situation to COVID-19	https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/influenza.html
Current CDC guidance on COVID-19 and breastfeeding	https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fpregnancy-breastfeeding.html
If You Are Sick or Caring for Someone who is sick	https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fpregnancy-breastfeeding.html

Breastfeeding Resources During COVID-19

Pumping, Expressing and Storage of Breastmilk

CDC: How to Keep Your Breast Pump Kit Clean: The Essentials



Handout

<https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html>

English Version

https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm

Spanish Version

<https://www.cdc.gov/breastfeeding/pdf/preparacion-de-la-leche-materna-508.pdf>

<https://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html>

Breastmilk: Every Ounce Counts

<http://www.breastmilkcounts.com/your-milk-supply/pump-and-store/>

Breastfeeding: You Can Do it (video) https

<https://lapllc.com/dvd/>

Hand Expression

<https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

Storage and preparation of breastmilk

<https://bit.ly/2dxVYLU>
CDC accessible version

Kellymom.com

<http://kellymom.com/bf/pumpingmoms/pumping/bf-links-excpumping/>

Breastfeeding Resources During COVID-19



Breastmilk Banking

San Jose Mothers' Milk Bank



Infographic

<https://mothersmilk.org/>

Human Milk Banking Association of North America (HMBANA)

https://www.hmbana.org/news/statement-on-coronavirus.html?fbclid=IwAR12pAhJJ05jd_FIJ8xQ7r1H-NmRN5RpaGqdpSgiFy60c8QCqfWfgRlZ6s

HMBANA: Why Donor Human Milk is an Essential Need During COVID-19

https://www.hmbana.org/file_download/inline/90d5f710-fac5-4515-a784-c2ce4a0a0a34

IYCF-E Resources

Breastfeeding Is Emergency Preparedness

https://online.fliphtml5.com/etaex/aaro/?fbclid=IwAR3VLdf8hzYiCbbVwsN2jYR8xaJGqVvn3U3p_JQD2n5kU4baFoh5lq9KB38#p=1

USBC Infant and Young Child Feeding in Emergencies, including COVID-19

<http://www.usbreastfeeding.org/emergencies>

United States Agency for International Development (USAID) IYCF-E Guide

https://www.enonline.net/attachments/3127/Ops-G_English_04Mar2019_WEB.pdf

USAID Infant and Young Child Feeding Recommendations When COVID-19 is Suspected or Confirmed

<https://www.advancingnutrition.org/news-events/2020/04/24/infant-and-young-child-feeding-recommendations-when-covid-19-suspected-or>

AAP Infant Feeding in Disasters and Emergencies

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Documents/InfantNutritionDisaster.pdf>

La Leche League International Resources for Infant Feeding in Emergencies (Multilingual)

https://www.llli.org/breastfeeding-info/infant-feeding-emergencies-multilingual/?fbclid=IwAR2MPE-wZqwXgwLK8EWpoT5JFJm4Y9pADPEw_IXQklqpV0JSvedTCcW8s0g

Center for Health Equity, Education, and Research (CHEER) IYCF-E Resources

<https://www.cheerequity.org/iycfe-resources.html>

SafelyFed Canada

<http://safelyfed.ca/>

SafelyFed USA

<http://safelyfed.ca/safelyfedusa/>

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Breastfeeding Resources for Providers	
Baby-Behavior: Tools for Medical Professionals. Videos	https://lactation.ucdavis.edu/projects-services/baby-behavior-tools-for-medical-professionals/
Baby- Friendly Hospital Initiative 10 Steps & International Code. Baby-Friendly USA.	https://www.babyfriendlyusa.org/for-facilities/practice-guidelines/10-steps-and-international-code/ Guidelines & Evaluation Criteria. Baby-Friendly USA. 2016 revision. https://www.babyfriendlyusa.org/for-facilities/practice-guidelines/ California's Baby-Friendly Hospitals, California Breastfeeding Coalition (CBC) http://californiabreastfeeding.org/focus-areas/hospitals/
Billing for Breastfeeding Services Supporting Breastfeeding and Lactation: The Primary Care Pediatrician's Guide to Getting Paid. Current Procedural Terminology. American Medical Association. 2014.	http://www2.aap.org/breastfeeding/files/pdf/coding.pdf
Breastfeeding Data	Hospital Support for Breastfeeding, Centers for Disease Control. CDC Vital Signs. 2011. https://www.cdc.gov/vitalsigns/breastfeeding/index.html Hospital Breastfeeding Rates & Reports, California WIC Association (CWA). http://www.calwic.org/focus-areas/breastfeeding/hospital-rates-a-reports In-Hospital Breastfeeding Initiation Data, CDPH. https://www.cdph.ca.gov/Programs/CFH/DMCAH/Breastfeeding/Pages/In-Hospital-Breastfeeding-Initiation-Data.aspx A Global Breastfeeding Call to Action. UNICEF. 2017. https://www.unicef.org/nutrition/index_98477.html
Breastfeeding Friendly Clinics 9 Steps to Breastfeeding Friendly: Guidelines for Community Health Centers and Outpatient Care Settings. California Department of Public Health, 2015.	https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/NEOPB/CDPH%20Document%20Library/PPPDS_9StepGuide_ADA.pdf http://www.calwic.org/focus-areas/wic-public-health-a-health-care-reform#StepsGuidelines

Breastfeeding Resources During COVID-19

Breastfeeding and Returning to Work	
Breastfeeding and Returning to Work or School. California Women, Infants and Children (WIC) Program	https://ucsdcommunityhealth.org/wp-content/uploads/2018/04/WIC-NE-EdMaterials-BreastfeedingReturnWorkSchool.pdf
Lactation accommodation/worksite support. Legal Aid at Work	https://legallaidatwork.org/our-programs/healthy-mothers-workplace-coalition-2/
Title IX information- Breastfeeding and returning to work and school	https://www2.ed.gov/about/offices/list/ocr/docs/pregnancy.html
Office of Women's Health: Supporting Nursing Moms at Work	https://www.womenshealth.gov/supporting-nursing-moms-work

Breastfeeding Organizations	
Breastfeeding Task Force of Santa Clara Valley	http://californiabreastfeeding.org/coalition-information/communitycoalitions/members/santaclara/
San Mateo County Breastfeeding Task Force	aklanjac@smcgov.org
California Breastfeeding Coalition	www.californiabreastfeeding.org
United States Breastfeeding Committee	http://www.usbreastfeeding.org/ Infant Feeding During COVID-19
California WIC Association	https://www.calwic.org/
National WIC Association	https://www.nwica.org/covid-19-resources

Core Competencies/Breastfeeding Trainings	
Core Competencies in Breastfeeding Care and Services for all Health Professionals. United States Breastfeeding Committee. 2010.	http://www.usbreastfeeding.org/core-competencies
A Clinician's Guide: Suggested Questions to Assess Breastfeeding in Primary Care Practice. American Academy of Pediatrics. 2009	https://www.aap.org/en-us/Documents/Breastfeeding_SAMPLE.pdf

Breastfeeding Resources During COVID-19



Breastfeeding and the Law	
Lactation accommodation /worksite support. Legal Aid at Work	https://legallaidatwork.org/our-programs/healthy-mothers-workplace-coalition-2/
California Laws Related to Breastfeeding Breastfeeding Rights. California Breastfeeding Coalition	http://californiabreastfeeding.org/breastfeedingrights/california-breastfeeding-laws/
California Family Leave Laws: Know Your Rights	http://legallaidatwork.org/our-programs/work-and-family-program/

Videos and Materials	
WIC and Breastfeeding (videos)	https://www.youtube.com/watch?v=ghPyQAwNHl0 https://www.youtube.com/watch?v=Fl14sYynSpA
Videos Global Health Media Project (Includes Breastfeeding Assessment Guide)	https://globalhealthmedia.org/videos/
List of local breastfeeding trainings. California Breastfeeding Coalition	http://californiabreastfeeding.org/events-calendar/
Breastfeeding Is Emergency Preparedness	https://online.fliphtml5.com/etaex/aaro/?fbclid=IwAR3VLdf8hzYiCbbVwsN2jYR8xaJGqVvn3U3p_JQD2n5kU4baFoh5lq9KB38#p=1

Additional FREE Local Resources in Santa Clara County	
Nursing Mothers Counsel	https://www.nursingmothers.org/
Breastfeeding USA	https://breastfeedingusa.org/ https://breastfeedingusa.org/content/breastfeeding-counselor-locations
La Leche League	http://llnocal.org/groups/peninsulaca

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Breastfeeding Phone Apps	
BiliCalc (\$1.99)	https://itunes.apple.com/us/app/bilicalc/id432749899?mt=8
Breastfeeding Management 2 for Clinicians (\$1.99)	https://itunes.apple.com/us/app/breastfeeding-management-2/id366578339?mt=8
Healthcare Providers Guide to Breastfeeding (FREE)	https://itunes.apple.com/us/app/health-care-providers-guide/id520264234?mt=8
Infant Risk Center Healthcare Professional Mobile Resource (\$29.99) Tom Hale/Texas Tech University	https://itunes.apple.com/us/app/infantrisk-center-health-care/id449136121?ls=1&mt=8
MommyMeds	https://apps.apple.com/us/app/mommymeds/id669222544
LactMed (FREE) Database of drugs and dietary supplements that may affect breastfeeding.	https://www.mdlinx.com/radiology/mobile-app-center/mobile-app-detail.cfm?app_id=7141
LatchME (FREE)	http://www.latchmd.com/latchMEapp.html/
Text 4 Baby (FREE)	https://www.text4baby.org/

Breastfeeding and Medications	
Mothers Milk and Medications Thomas Hale, MD	https://www.halesmeds.com/
The Transfer of Drugs and Therapeutics into Human Breast Milk: An Update on Selected Topics. American Academy of Pediatrics 2013.	http://pediatrics.aappublications.org/content/early/2013/08/20/peds.2013-1985
U.S. National Library of Medicine Toxnet Toxicology Data Network.	http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm
MotherToBaby Evidence based information on exposures during Pregnancy and Breastfeeding (Free phone app)	https://mothertobaby.org/
Updated: monthly, (LactMed has a free phone App) LactMed. Drugs and Lactation Database. National Institutes of Health.	https://www.ncbi.nlm.nih.gov/books/NBK501922/

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Bay Area WIC Agencies	
San Francisco City and County WIC Program	https://www.sfdph.org/dph/comupg/oprograms/NutritionSVCS/WIC/WIClocations.asp
San Mateo County WIC Program	wic@smcgov.org
Indian Health Center WIC Program, San Francisco	https://www.indianhealthcenter.org/programs-services/wic-and-nutrition/
Marin County WIC	https://www.marinhhs.org/women-infants-children-wic
Alameda County WIC Program	http://www.acphd.org/wic.aspx
Contra Costa County WIC Program	https://cchealth.org/wic/

Last Updated: 6/10/2020



Partners for Healthy Children

A collaborative between San Francisco City and County Department of Public Health, Santa Clara Public Health Department and San Mateo County Health WIC Programs.

wicbreastfeeding@smcgov.org