

Online Breastfeeding Resources

[International Breastfeeding Centre](#) Dr. Jack Newman is the founder and first pediatrician of the International Breastfeeding Centre. He has been helping breastfeeding mothers and babies for over 38 years. He has many excellent videos on YouTube which can be accessed from this site. There is also multi-language information available here.

[La Leche League Canada](#) A non profit that provides mother-to-mother/parent-to-parent/peer support for pregnant women, new parents and beyond.

Stanford University Breastfeeding Resources

Breastfeeding in the First Hour
Preparing for Successful Breastfeeding
A Perfect Latch
Early Initiation of Breastfeeding
Hand Expressing Milk
Maximizing Milk Production
ABC's of Breastfeeding and more