

# Prepare for breastfeeding during pregnancy

## Useful Links & References

International Lactation Consultant Association	<a href="http://www.ilca.org">www.ilca.org</a>
Association of Lactation Consultants Ireland	<a href="http://www.alcireland.ie">www.alcireland.ie</a>
La Leche League	<a href="http://www.llli.org">www.llli.org</a>
UNICEF UK Baby Friendly Initiative	<a href="http://www.unicef.org.uk/babyfriendly">www.unicef.org.uk/babyfriendly</a>
Breastfeeding.ie	<a href="http://www.breastfeeding.ie">www.breastfeeding.ie</a>

Since May 2019 breastfeeding.ie has been incorporated into the “HSE my child” website <https://www2.hse.ie/babies-and-toddlers/breastfeeding/>

“Ask our expert” section- an IBCLC aims to respond to your queries via email within 24 hrs or live chat between 10am and 3pm.

**Friends of Breastfeeding** [www.friendsofbreastfeeding.ie](http://www.friendsofbreastfeeding.ie)

Check out the

*Breastfeeding Buddy System* with Friends of Breastfeeding

“The Breastfeeding Buddy is a volunteer mum in your area who has some personal experience with breastfeeding and who wants to offer support to other breastfeeding mothers. She has some breastfeeding information training, but she is not a breastfeeding counsellor or lactation expert, and does not provide lactation advice, but she is able to recognise when breastfeeding is proceeding normally. She will provide you with literature and information on breastfeeding, and sources of help in your area should you need it”

Closed Facebook Group *Extended Breastfeeding in Ireland*- membership request required

“Are you “STILL” breastfeeding? :)”

We can find ourselves breastfeeding beyond even our own expectations!! Our “baby” is always only a day older than they were yesterday and our comfort zone gradually extends to include today, since it included yesterday. Extended breastfeeding in Ireland is a support group for breastfeeding mums who live / lived in Ireland as often we may not know many (any) breastfeeding mums in real life.”

## Videos on positioning and attachment

**Global Health Media Breastfeeding Series Videos** [www.globalhealthmedia.org/videos/](http://www.globalhealthmedia.org/videos/)

► Breastfeeding

Pictures in thumbnail

Pink breastfeeding logo [https://upload.wikimedia.org/wikipedia/commons/thumb/a/aa/Mother\\_wtih\\_infant\\_icon.svg/773px-Mother\\_wtih\\_infant\\_icon.svg.png](https://upload.wikimedia.org/wikipedia/commons/thumb/a/aa/Mother_wtih_infant_icon.svg/773px-Mother_wtih_infant_icon.svg.png)

Baby’s hand in adult’s hand

[http://3.bp.blogspot.com/\\_nKa-dM7PvEo/TTaY4ul7RrI/AAAAAAAAAE1c/iDNKlvShCqI/s1600/iesus\\_holding\\_hands\\_with\\_child.jpg](http://3.bp.blogspot.com/_nKa-dM7PvEo/TTaY4ul7RrI/AAAAAAAAAE1c/iDNKlvShCqI/s1600/iesus_holding_hands_with_child.jpg)

books & bra

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