

The Breastfeeding Basket
By Colleen Newman

You'll need a bottle of water and a healthy snack
Then light a candle and try to relax
Turn on soothing music or read a good book
And cherish the moment of your baby's sweet look

It's not easy at first so take it day by day
Seek out support to help you find your way
Be confident in your body; it will know what to do
Millions of women have nursed before you

This Breastfeeding Basket has all that you need
All of the things to help you succeed
Carry it with you and you shall see . . .
You and your baby will nurse successfully!

Written by Colleen Newman, author of Near Mama's Heart, a children's book about breastfeeding. www.MyBabyandMore.com Copyright © 2006 Colleen Newman

Online Breastfeeding and Mom Resources

Find an IBCLC (Lactation Consultant)

US National Registry of
International Board Certified Lactation Consultants -
www.iblce.org/US%20registry.htm
Breastfeeding.com - www.breastfeeding.com/directory/states



Find Breastfeeding Support & Other Baby Experts

La Leche League - www.llli.org
Dr. Sears - www.askdrsears.com
Breastfeeding Online with Cindy Curtis, RN, IBCLC - <http://www.breastfeedingonline.com/>
KellyMom Breastfeeding & Parenting - www.KellyMom.com
Elizabeth Pantley - <http://www.pantley.com/elizabeth/>
Baby Gooroo with Amy Spangler - <http://www.babygooroo.com/>
My Baby and More with Colleen Newman - www.MyBabyandmore.com

Find Breastfeeding Support Groups Online

Mothering.com Breastfeeding Forum -
<http://www.mothering.com/discussions/forumdisplay.php?f=27>
Parents Place Breastfeeding/Lactation Consultant Message Boards -
<http://messageboards.ivillage.com/iv-ppbreastfeed?redirCnt=1>
KellyMom.com Breastfeeding and Parenting Message Boards -
<http://www.kellymom.com/smf/>

To make your Breastfeeding Basket you will need:

Online Breastfeeding and Mom Resources (above)

A water bottle (refillable preferred or water bottle with drink cozy)

Healthy Snacks (granola bars, trail mix, peanut butter crackers, dried fruit)

A candle

A good book about breastfeeding

- **So That's What They're for: Breastfeeding Basics**
by Janet Tamaro ISBN: 1580620418
- **The Breastfeeding Book**
by Martha Sears, William Sears ISBN: 0316779245

The List of Resources above is a starting point. Please feel free to add your own personal touches and/or local information for Lactation Consultants and LLL Leaders. It is recommended that you print this information on the other side of The Breastfeeding Basket poem card and laminate it for durability..

Other helpful items:

A List of Breastfeeding Resources (see below)

A Relaxing CD

Mother's Milk Tea

Nursing Pillow

Print outs of:

- ***Bad Bfing Advice*** found at <http://www.mother-2-mother.com/bad-advice.htm>
- ***101 Reasons to Breastfeed Your Child***
<http://www.promom.org/101/index.html>
- **Jack Newman's Handouts**
<http://www.breastfeedingonline.com/newman.shtml>

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