

# Resources

## for Mothers

WIC is a resource for breastfeeding mothers. Staff are trained in breastfeeding. They have a breastfeeding peer counselor program. Breast pumps and other aids are available. WIC has a website for mothers and your staff. Log on to [www.breastfeedingpartners.org](http://www.breastfeedingpartners.org) or call the Growing Up Healthy Hotline at 1-800-522-5006.

### Websites:

[www.health.ny.gov](http://www.health.ny.gov)  
[www.breastfeedingpartners.org](http://www.breastfeedingpartners.org)  
[www.womenshealth.gov](http://www.womenshealth.gov)  
[www.lalecheleague.org](http://www.lalecheleague.org)  
[www.babygooroo.com](http://www.babygooroo.com)  
[www.gotmom.org](http://www.gotmom.org)  
[www.breastfeeding.com](http://www.breastfeeding.com)  
[www.normalfed.com](http://www.normalfed.com)

### Books:

*Breastfeeding Made Simple*  
by N. Mohrbacher, and K. Kendall-Tackett  
*The Womanly Art of Breastfeeding*,  
La Leche League International  
*Breastfeeding, A Parent's Guide*  
by A. Spangler  
*The Ultimate Breastfeeding Book of Answers*  
by J. Newman, and T. Pitman

### WIC Office:

Breastfeeding... For my baby. For me.