

Contents

Best Practice	3
The Ten Steps to Successful Breastfeeding	4
The Importance of Breastfeeding	5
Explanation of Breastfeeding Care Providers	6
Other Resources and Links	8
Human Milk Banks	9
Milk Production and Supply	10
Tips for Successful Pumping	11
Is Baby Getting Enough?	12
Intro to County Resource List	13
Resources by County, Listed Alphabetically	15

While this directory is a resource for those working with mothers and babies, several pages are also very useful parent pages!

You may copy any or all of this information!