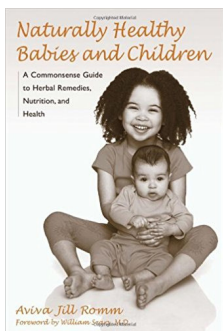
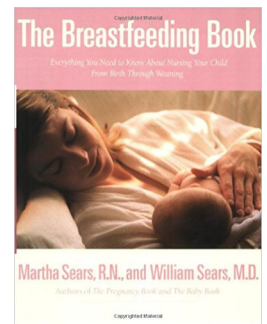


Dr. Canfield's Favorite Quick Pick Resources for Breastfeeding and Babies

THE BIG LATCH ON 2018

Books

The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning by William Sears, MD and Martha Sears, RN



Naturally Healthy Babies and Children: A Commonsense Guide to Herbal Remedies, Nutrition, and Health by Aviva Romm, MD

Articles and Blogs

AVIVA ROMM MD
DOCTOR MIDWIFE HERBALIST

Search her Blog/Website but here are a couple important articles:

Protecting Your Baby's Microbiome from the Start by Aviva Romm, MD
<https://avivaromm.com/protecting-babys-microbiome>

Thyroid Problems After Pregnancy: Ending Unnecessary Postpartum Suffering by Aviva Romm, MD
<https://avivaromm.com/thyroid-problems-after-pregnancy/>

Breastfeeding Products



Angel Baby Bottom Balm - great for diaper rash and for minor cuts and scrapes!



Natural Nipple Butter - great nipple soother!

Triple Nipple Cream: this is a prescription that a compounding pharmacy makes. It can really help if there is prolonged pain lasting throughout the breastfeeding session. It has the following medications in it:

Mupirocin 2 percent ointment (not cream): 15 grams Betamethasone 0.1 percent ointment (not cream): 15 grams Miconazole powder: In an amount sufficient that the final concentration is 2 percent miconazole (antibiotic, steroid cream, and antifungal)

Your healthcare provider can prescribe it for you if needed.

Bravado! Basics Nursing Tank - I lived in these when my kids were nursing!

Websites

www.kellymom.com:
breastfeeding and pregnancy information

www.askdrsears.com:
pregnancy, breastfeeding, newborn (and older) information



www.avivaromm.com:
<https://www.healthiestkids.com/healthy-all-year>
(costs \$197)

Video

How to Breastfeed - Deep Latch Technique:
<https://www.youtube.com/watch?v=7FJuBn2bgNk>
This is such a helpful video to have in your Favorites!