

# UCSF Breastfeeding Resources

## Videos

- **UCSF Breastfeeding Education (by Trimester):** <https://womenshealth.ucsf.edu/whrc/ucsf-outpatient-lactation-consultations>
- **UCSF Zooming through Pregnancy to Parenthood: “Baby Friendly at UCSF: What are the benefits of breastfeeding”:** <https://www.youtube.com/watch?v=o6GWfLYKVvk>
- **Preparing to breastfeed:** [www.firstdroplets.com](http://www.firstdroplets.com)
- **Breast crawl:** <https://www.youtube.com/watch?v=e9WtH4dq-cw>
- **Breastfeeding in the first hour:** <https://vimeo.com/348861789>; The Magical Hour: <https://www.magicalhour.org> (Informational)
- **Cross cradle position and sandwich hold: “The Perfect Latch”:** <https://med.stanford.edu/newborns/professional-education/breastfeeding.html>
- **Laid-back positioning:** Internet search “Laid-back positioning” and many examples will come up.
- **Breastfeeding position (Thompson method):** <https://www.youtube.com/watch?v=kZuSAzivTB4>
- **Tummy time:** <https://www.tummytimemethod.com/>
- **Hand expression:** <https://vimeo.com/65196007>
- **Stanford hands-on pumping:** <https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>
- **Paced bottle feeding:** Internet search “MILK MOB paced bottle feeding”

## Information

- **KellyMom, general breastfeeding:** [www.kellymom.com](http://www.kellymom.com)
- **La Leche League, general breastfeeding:** <https://www.llli.org/breastfeeding-info/>
- **COVID-19 and breastfeeding:** [https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html#anchor\\_1584169714](https://www.cdc.gov/coronavirus/2019-ncov/prepare/pregnancy-breastfeeding.html#anchor_1584169714)
- **Sleep safety:** <https://www.liebertpub.com/doi/10.1089/BFM.2019.29144.psb>

## Products

- Breast pumps: Spectra S1 or S2, Medela Pump in Style
- Pumping bra: Simple Wishes, or DIY by cutting holes in an old sports bra
- Haakaa silicone hand pump
- Bottles: Evenflo Feeding Premium Proflo, Lansinoh Breastfeeding, Dr. Brown, Comotomo, Tommy Tippee
- Nursing pillows: My Brest Friend, Blessed Nest
- Avent Soothie Pacifier

### **UCSF Breastfeeding Support after you are discharged:**

- **UCSF Breastfeeding Resources (lactation consultations and MILK support group):** <https://womenshealth.ucsf.edu/whrc/ucsf-breastfeeding-resources>

#### **Outpatient Lactation Appointments: 415-353-2566**

In-person and telehealth appointments are available. Make sure to get help within the first week from a lactation consultant AFTER you are discharged.

- **MILK Breastfeeding Support Group:** Register online on the UCSF Women's Health Resource Center portal: <https://whrc.ucsf.edu> or call or 415-514-2670.

### **Non-UCSF Breastfeeding Support**

- **La Leche League of Northern California (free peer support):** [www.llnocal.org](http://www.llnocal.org)
- **Private lactation consultants are available for home lactation appointments and video visits. Ask your insurance carrier about coverage for these services. Recommended providers:** <https://tinyurl.com/3mzjnhvv>

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