



Resources for Breastfeeding Seminar for Kinesiologists

"How best to support Breastfeeding Mums and Breastfed babies from a Kinesiology perspective"

The Virgin Gut

<http://www.thealphaparent.com/2011/07/virgin-gut-note-for-parents.html>

<http://www.health-e-learning.com/articles/JustOneBottle.pdf>

Breastfeeding and immunity

http://kellymom.com/pregnancy/bf-prep/how_breastmilk_protects_newborns

Breastfeeding information and normal infant behavior.

<http://kellymom.com/>

The Wonder Weeks (a book and an app for phone or tablet that documents when the major developmental changes happen in babies and the behaviour associated with them).

Dr. Jack Newman

Breastfeeding support in Ireland

Lalecheleagueireland.com (breastfeeding meetings, 24 hr councillors who offer advice and support)

Cuidiu (parent to parent support group) <http://www.cuidiu-ict.ie/>

<http://www.alcireland.ie/find-a-consultant/> For IBCLC (international board certified lactation consultants).

Only a lactation consultant can diagnose tongue or lip ties or check for latching problems. If weight gain is poor in newborn, mother is in pain feeding (and the pain does not let up after the first minute) a clicking sound can be heard while child is feeding, excess wind or colic not related to a food intolerance, all of these can be signs of tongue or lip tie and the client should be referred onwards to a Lactation Consultant.

Breastfeeding and medication questions

<http://www.breastfeeding-and-medication.co.uk/> (Wendy Jones is a pharmacist who specialises in giving advice to Breastfeeding Mums as to what medications are safe to take while breastfeeding).

Dr. Jack Newman - physician and breastfeeding expert.

<http://www.breastfeedinginc.ca>