



# FEEDING RESOURCES

*\*Please note that some of these links will take you to resources where you may notice gendered language\**

*\*Click on the hyperlinks to get to the website\**



## Breastfeeding

[My Breastfeeding Guide](#)

[10 Tips for Successful Breastfeeding](#)

[Breastfeeding Basics](#)

[Latching/Feeding Management](#)

[6 Steps to Hand Expression](#)

[Tongue Tie Information](#)

[Breastfeeding a Baby with Tongue or Lip Tie](#)

[Hand Expression \(video\)](#)

[Another Hand Expression \(video\)](#)

[Dr. Jack Newman's Visual Guide to Breastfeeding \(video\)](#)

[Breastfeeding Videos](#)

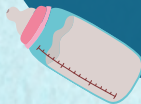


## Bottlefeeding

[Safety & Preparation](#)

[Formula Feeding Guide](#)

[Paced Bottle Feeding \(video\)](#)



## Bodyfeeding

[Information for Transgender & Non-Binary parents](#)

[Transgender Breastfeeding FAQs](#)

[Support for Transgender & Non-Binary Parents](#)

[Breastfeeding without Giving Birth](#)

[The Newman-Goldfarb Protocols: Induced Lactation](#)

[Nursing Supplementers](#)

[Trevor MacDonald: Chestfeeding as a Trans Dad](#)

## General Resources

[Is my Baby Getting Enough Milk?](#)

[Signs of Effective Feeding in the Early Days](#)

## Birth Mark's Resources

[Baby Feeding Troubleshooting Videos \(youtube\)](#)

[In Person & Virtual Inclusive Feeding Support](#)

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