

Resources in Milk section of Milk & Moon

Breastfeeding

| Title of content | Format |
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| Hand expression of breastmilk | Video |
| Soften an engorged areola | Video |
| What to look out for if you have pain or baby fusses at the breast | Video |
| Why you don't need to burp or hold baby upright after feeds | Written article |
| Why feed spacing doesn't help | Video |
| You can't overfeed a breastfed baby | Video |
| Watch babies drinking beautifully | Videos plus explanatory text |
| Fitting you and baby together - no pain, no baby fuss with the Gestalt method (2018) | 6 videos Introduction to the importance of fit and hold Fitting you and baby together - Renee Fitting you and baby together - Dr Pam A mother tries out the gestalt method with Dr Pam Biomechanics of baby suck discussion Understanding breast tissue drag and what to do about it |



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| The gestalt method ebook | 32 page booklet |
| Popular breastfeeding advice which often doesn't work | 2 videos |
| Side lying breastfeeding (gestalt method) | 3 videos 4 page booklet |
| What about the koala or baby led position? | Video, photos and text |
| Tongue and lip ties and frenotomy: discussions with mothers (2018) | 7 Videos |
| Blocked ducts and mastitis | Blog (written content) |
| How to keep baby safe but minimise formula use in the first week of life | Podcast transcript |
| A discussion about the benefits and downsides to pumping | Podcast or transcript (15 min read) |
| Breastfeeding and returning to work - tips for maintaining supply | Written blog |
| Women share stories of breastfeeding challenges and what helped | 6 videos with case history text |
| Identifying fit and hold challenges | 6 videos with case history text |



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| Women discuss what they wish had been different when they faced breastfeeding problems | Video |
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Bottle feeding

| Title of Content | Format |
|---|------------------------------|
| Dealing with good mother/bad mother judgements | 2 videos |
| Paced bottle feeds | 2 videos 4 page e booklet |
| Frequent flexible bottle feeds - can you overfeed a bottle fed baby | Video |
| My baby won't take a bottle | Video |

