

Breastfeeding Resources

Further Reading

- [Your Guide to Breastfeeding for African American Women](#)
- [The Latch and Other Keys to Breastfeeding Success - Dr. Jack Newman](#)
- [International BreastFeeding Centre | Latching and feeding management](#)
- [Who's Who in Breastfeeding Support and Lactation in the UK - LCGB](#)

Relevant Links/Helplines

- National Breastfeeding Helpline: **0300 100 0212**
- The Breastfeeding Network: **0300 100 0210**
- Association of Breastfeeding Mothers: **0300 330 5453**
- La Leche League: **0345 120 2918**
- National Childbirth Trust (NCT): **0300 330 0700**
- [Nottinghamshire Breastfeeding & Infant Feeding Support](#)