

Newborn Care with Key Lactation Resources and Support



Sleep:

Boobin' All Day, Boobin' All Night by Meg Nagle -

<https://themilkmeg.com/product/e-book-boobin-all-day-boobin-all-night-a-gentle-approach-to-sleep-for-breastfeeding-families/>

No Cry Sleep Solution -

<https://www.powells.com/book/no-cry-sleep-solution-gentle-ways-to-help-your-baby-sleep-through-the-night-foreword-by-william-s-ears-m-d-9780071381390>

Jay Gordon - <https://www.drjaygordon.com/>

Precious Little Sleep - <https://www.preciouslittlesleep.com/>

Support:

Longest Shortest Time Podcast - <https://longestshortesttime.com/>

Wonder Weeks - <https://www.thewonderweeks.com/>

Baby Blues Connection - <https://www.babybluesconnection.org/>

Helpful/Accurate Social Media Supports:

Lactation Hub - <https://www.facebook.com/LactationHub> and <https://www.instagram.com/lactationhub/#>

Bloomdpc - <https://www.facebook.com/drlaurenughes> and <https://www.instagram.com/drlaurenughes/>

Dr.Beachgem - <https://www.facebook.com/drbeachgem10/> and <https://www.instagram.com/dr.beachgem10/#>

Car Seats For The Littles - <https://www.facebook.com/CarSeatsForTheLittles> and <https://www.instagram.com/carseatsforthelittles/#>

Soothing:

Happiest Baby On The Block - <https://www.happiestbaby.com/blogs/baby/the-5-s-s-for-soothing-babies> and

<https://www.powells.com/book/happiest-baby-on-the-block-the-new-way-to-calm-crying-help-your-newborn-baby-sleep-longer-9780553381467>

The "Hold" - <https://www.youtube.com/watch?v=j2C8MkY7Co8>

7 Swaddles - <https://www.7swaddles.com/>

Diapering:

Fluff Love University - <https://fluffloveuniversity.com/>

Diaper Dabbler - <https://www.diaperdabbler.com/>

Tidee Didee - <https://tideedidee.com/>

Bathing:

Spa Bath - <https://youtu.be/NEPkSDEAjYY>

Babywearing:

Wrap You In Love - <https://www.youtube.com/c/Wrapyouinlove/videos>

Household Management:

Postpartum Doulas - <https://doulamatch.net/>

SudShare Laundry Service - <https://sudshare.com/>

www.keylactation.com

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