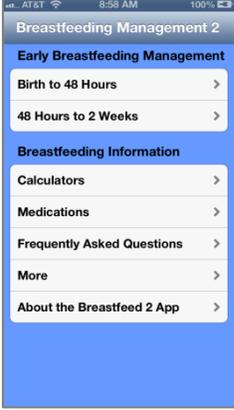
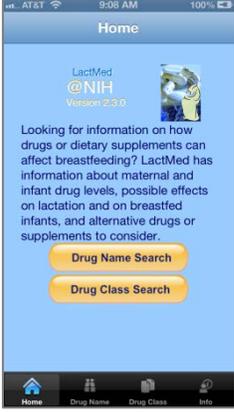
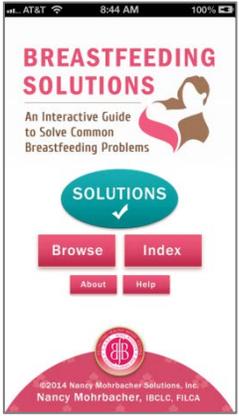


Mobile Phone Apps for Breastfeeding

Mobile Apps for Health Care Professionals

Screenshot	Description
	<p>Breastfeeding Management Massachusetts Breastfeeding Coalition \$1.99 https://itunes.apple.com/us/app/breastfeeding-management-2/id366578339?mt=8</p> <p>The app provides information for health care providers on how to manage common breastfeeding concerns, organized by birth to 48 hours and 48 hours to 2 weeks. Each section provides information on core knowledge about that concern, core practices, and how to support mother-baby dyads at risk. The app also includes frequently asked questions and how to get information on medication use during lactation.</p>
	<p>LactMed FREE https://itunes.apple.com/us/app/lactmed/id441969514?mt=8</p> <p>This app is part of the National Library of Medicine’s (NLM) Toxicology Data Network (TOXNET®). The database includes prescription and non-prescription drugs and dietary supplements that may affect breastfeeding, including levels of these substances in breast milk and infant blood, and possible adverse effects in the nursing infant. The app also provides a listing of alternate drugs, and a full list of references, with links to breastfeeding resources from credible organizations.</p>
	<p>Texas 10-Step Program Health Care Provider’s Guide to Breastfeeding FREE http://texastenstep.org/tools-and-resources/health-care-guide-to-breastfeeding/</p> <p>This app designed for health care providers provides information on evidence-based practices and recommendations related to breastfeeding support, including national initiatives, position papers of medical and professional organizations, and the Ten Steps to Successful Breastfeeding. Numerous resources for health providers and mothers are also included, along with access to lactation curricula, links to breastfeeding data sets, treatment options for various lactation conditions, and provider diagnosis codes.</p>

Mobile Apps for Moms

Screenshot	Description
	<p>Breastfeeding Solutions FREE http://www.nancymohrbacher.com/app-support/</p> <p>This mobile app by Nancy Mohrbacher provides an interactive guide for solving common breastfeeding problems such as nipple pain, milk supply issues, getting a baby to latch, dealing with night feedings, pumping and storing breast milk, and weaning the baby. Each topic area includes common questions moms might have and quick solutions to consider.</p>
	<p>Coffective.com FREE http://www.coffective.com/</p> <p>This prenatal education app helps prepare pregnant women, their champion, and family/friends for the hospital experience. Content is organized into sections: Fall in Love (the magical first hour, skin to skin, delaying routine procedures), Nourish (how to breastfeed, hand expression), Keep Close to Baby (rooming in, continued skin to skin), Learn Baby (feeding cues, the second night, and calming a fussy baby), and Protect Breastfeeding (avoiding formula and pacifiers). The app also enables women to build their team of support, to select their infant feeding goals, and track their progress toward learning about evidence-based practices that help them have a good start with breastfeeding.</p>
	<p>Latch Me FREE https://www.facebook.com/latchmd</p> <p>This mobile app pinpoints the mother's location and provides her information on where to access local breastfeeding resources, including breastfeeding-friendly public places, physicians who know about breastfeeding, lactation professionals, mommy support groups, Baby-Friendly hospitals, and where to access breast pumps. Although the app does not currently list many options for Mississippi, it does include ways for local groups to upload information about available resources in the state.</p>

Screenshot	Description
	<p>MOM Moments FREE http://momcircle.com/moments/</p> <p>“Moments for Moms” provides simple, practical tips for mothers who are pregnant, breastfeeding, and caring for a child up to age 4. The app includes short tips for success, healthy recipes and a blog for mothers to write in their experiences and parenting ideas.</p>
	<p>Text 4 Baby FREE http://www.text4baby.org/</p> <p>The popular parenting text messaging system by the National Healthy Mothers Healthy Babies Coalition also provides a mobile app to help families access information about healthy parenting, including prenatal care, safe sleep, immunizations, infant feeding, nutrition, oral health, safety, car seat safety, labor and delivery, and other issues. The app provides a weekly overview of information on baby’s growth and development, with checklists of healthy habits, along with appointment reminders and community resources.</p>