

United States

Office on Women's Health (U.S. Department of Health & Human Services)

Website: [Office on Women's Health – Breastfeeding Resources](#)

Provides comprehensive, evidence-based information on:

- Getting started with breastfeeding
- Common breastfeeding challenges
- Pumping and milk storage
- Returning to work
- Medications and breastfeeding
- National Breastfeeding Helpline

La Leche League USA

Website: [La Leche League USA](#)

Provides free parent-to-parent breastfeeding support through local Leaders, virtual meetings, support groups, and educational resources. Families can also search for a local support group anywhere in the United States.

Breastfeeding USA

Website: [Breastfeeding USA](#)

Provides free, evidence-informed breastfeeding education and peer support through accredited Breastfeeding Counselors, with practical resources, local chapters, and virtual support for families.

United States Lactation Consultant Association (USLCA)

Website: [United States Lactation Consultant Association](#)

Provides information about professional lactation care and helps families understand the role of lactation consultants in supporting breastfeeding.

Academy of Breastfeeding Medicine (ABM)

Website: [Academy of Breastfeeding Medicine](#)

An international organization of physicians dedicated to improving breastfeeding care. Their evidence-based clinical protocols are widely used by healthcare professionals and are also helpful for parents seeking reliable information.

Note: Resources included on this website have been selected because they provide trusted, evidence-informed breastfeeding information and support. They are reviewed periodically to help ensure continued alignment with the principles of the WHO International Code of Marketing of Breast-milk Substitutes.