

**M**others' voices matter The most effective breastfeeding support is listening

**I**nvestigate common issues eg painful feeds, nipple damage, prolonged frequent feeds, infant weight loss, colic, but also...

**L**ook for underlying causes consider positioning and attachment/latch, ineffective milk transfer, tongue tie

**K**now where to find information and make referrals

*Advice based on analysis of over 700 mothers' stories, by Parenting Science Gang in collaboration with Dr Gavin Brookes at Lancaster University*

Parenting Science Gang was funded by Wellcome



[www.parentingsciencegang.org.uk](http://www.parentingsciencegang.org.uk)

## USEFUL LINKS

### The Breastfeeding Network (BfN)

Information on common medicines and breastfeeding: [www.breastfeedingnetwork.org.uk/drugs-factsheets](http://www.breastfeedingnetwork.org.uk/drugs-factsheets)

Drugs in Breastmilk Information Service.  
Comprehensive, reliable information for HCPs and parents: [www.breastfeedingnetwork.org.uk/detailed-information/drugs-in-breastmilk](http://www.breastfeedingnetwork.org.uk/detailed-information/drugs-in-breastmilk)

### LactMed

Database of medicines and breastfeeding.  
US-based but useful as it's evidence-based  
[www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm](http://www.toxnet.nlm.nih.gov/newtoxnet/lactmed.htm)

### Local Support for Breastfeeding Mothers

*(Add your local support groups' contact info here)*

*Find out more about our study and results:  
[www.parentingsciencegang.org.uk/milk](http://www.parentingsciencegang.org.uk/milk)*