

# Non-LLL Arabic Breastfeeding Resources (English links)

## **Australian Breastfeeding Association**

Breastfeeding and Childcare

<https://www.breastfeeding.asn.au/system/files/INFO-breastfeeding-and-childcare-english-V1-201405.pdf>

Breastfeeding Confidence

<https://www.breastfeeding.asn.au/sites/default/files/civicrm/persist/contribute/files/BF%20Confidence-eBook.pdf>

## **Infant Feeding in Emergencies (IFE) information from Emergency Nutrition Network (ENN)**

IFE information for health and nutrition workers in emergency situations (multilingual)

<https://www.enonline.net/ifemodule2>

IFE Operational Guidance for Emergency Relief Staff

[http://files.enonline.net/attachments/2671/Ops-G\\_2017\\_WEB.pdf](http://files.enonline.net/attachments/2671/Ops-G_2017_WEB.pdf)

Media guide in emergencies from World Breastfeeding Week (WBW) 2009

[http://www.worldbreastfeedingweek.net/wbw2009/images/media\\_english.pdf](http://www.worldbreastfeedingweek.net/wbw2009/images/media_english.pdf)

## **Infant Feeding Support for Refugee Children created by IFE Core Group**

Feeding Babies and Young Children: Key points for helpers (multilingual)

<http://safelyfed.org/resources/simplepoints/>

Feeding Your Baby as You Travel (multilingual)

<http://safelyfed.org/resources/flyer-on-feeding-support-in-transit/>

Key Phrases for Feeding Assessments and Support (multilingual)

<http://safelyfed.org/resources/keyphrases-iyafe-transit/>

**International Breastfeeding Centre – Jack Newman, multi-lingual information sheets**

<http://ibconline.ca/multi-language-information-sheets/>

**Lactation Education Resources (LER)**

<https://www.lactationtraining.com/resources/educational-materials/handouts-parents/handouts-lactation>

**Medline Plus bilingual factsheets from multiple sources (a service of the US National Library of Medicine NIH)**

<https://medlineplus.gov/languages/breastfeeding.html#Arabic>

**Queensland Health (Australia) factsheets**

Best for baby and for Mum

[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0034/426994/28097.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0034/426994/28097.pdf)

Breastfeeding when you are working or away from your baby

[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0020/427070/28104.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0020/427070/28104.pdf)

Common early problems (tender or cracked nipples)

[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0026/427238/28102.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0026/427238/28102.pdf)

Drugs and breastfeeding

[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0027/426870/28106.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0027/426870/28106.pdf)

How do I start breastfeeding?

[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0029/426980/28099.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0029/426980/28099.pdf)

Is my baby getting enough milk?

[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0028/427159/28100.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0028/427159/28100.pdf)

Swollen breasts, blocked ducts, mastitis

[https://www.health.qld.gov.au/\\_data/assets/pdf\\_file/0033/426867/28103.pdf](https://www.health.qld.gov.au/_data/assets/pdf_file/0033/426867/28103.pdf)

## **The Royal Women's Hospital (Australia) factsheets**

Breastfeeding Your Baby

<https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Breastfeeding-your-baby-090517.pdf>

Mastitis

<https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Mastitis-090517.pdf>