

Resources on COVID-19

for Lactation Consultants, Mothers, and Families



Praeclarus Press

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In these difficult times, it's often daunting to find the support you need when you need it. For providers, self-care is essential so that you do not get sick or impact your long-term health. You need information on how to work with mothers virtually and keep your practice solvent. You also need access to tools families can use to sustain their mental health.

These are some of the better sites that we have found. **All of these resources are free.** We truly hope that this information will guide you through these troubled times.

—Praeclarus Press

Recommendations and Guidelines



World Health Organization (WHO). Clinical management of severe acute respiratory infection (SARI) when COVID-19 disease is suspected.

International Lactation Consultant Association (ILCA). Statement on breastfeeding and lactation support during the COVID-19 pandemic.

Academy of Breastfeeding Medicine. ABM statement on Coronavirus-19.

International Society for Research on Human Milk and Lactation (ISRHML). Live Q&A on COVID-19 with human milk lactation experts.

Postpartum Support International. Mind the gap: Ensuring perinatal mental health is a national priority.

American Academy of Pediatrics (AAP) Committee on Fetus and Newborn, Section on Perinatal Medicine, and Committee on Infectious Diseases. Management of infants born to mothers with COVID-19.

Please note that we at Praeclarus Press do not agree with AAP recommendations that recommend mother and baby separation. The WHO guidelines encourage mothers and babies to be together unless separation is essential. We posted them here because many hospitals are using these guidelines and separating mothers and babies.

Resources for You

Self-care advice for healthcare providers during COVID-19.

COVID-19: Managing stress in this anxious time.

Praeclarus Press. How to stress less and live better during the COVID-19 pandemic (Diane Sanford).

Substance Abuse and Mental Health Services Administration (SAMHSA). Tips for social distancing, quarantine, and isolation during an infectious disease outbreak.

American Psychological Association (APA). Psychologists' advice for newly remote workers.

APA. Five ways to view coverage of the Coronavirus.

APA. Keep your distance to stay safe.

Headspace. Free access to their site for all. U.S. healthcare providers.



Resources for Your Practice



WHO. Getting your workplace ready for COVID-19.

Praeclarus Press. Virtual lactation consulting: How to use technology and telemedicine to continue supporting mother (Lauren Majors; Free podcast).

Sonder Health (Lauren Majors). 5 step action plan to telemedicine implementation.

USLCA. Virtual consult best practices for lactation consultants (updated with COVID-19 guidelines).

USLCA. COVID-19 best practices for lactation consultants (Free webinar).

Telepsychology best practice 101 series. (This series is meant for psychologists, but it gives a good overview of the technology you will need and issues such as confidentiality. It currently available for free.)

Telepsychology. (This entire page has access to articles that will be helpful in learning to practice virtually.)

Small Business Administration. Coronavirus: Small business guidance & loan resources.

National Institute for Children's Health Quality. Coronavirus information for Children's Health Advocates.

Resources for Mothers

What coronavirus means for pregnancy and other things new and expecting mothers should know.

National Child Traumatic Stress Network. Parent/caregiver guide to helping families cope with the Coronavirus disease 2019.

La Leche League International. Continuing to nurse your baby through Coronavirus and other respiratory infections.

Paula Meier. Larsson Rosenquist Foundation. Is it safe to provide milk for my NICU baby if I have and have been exposed to Coronavirus?

BBC. Birth in a pandemic: You are stronger than you think.

March of Dimes. Expecting a baby during the COVID-19 pandemic.



Infographics

BREASTFEEDING & COVID-19

Breastfeeding protects babies when they are sick and when others around them are sick

Wash your hands before breastfeeding



Breastfeed often



If you need to visit the hospital keep baby with you and breastfeed if you can or pump/express



Wear a mask if you are sick



If you pump milk make sure to carefully wash your pump each time



Breastfeed as much as possible and get the support you need



More information:

[La Leche League International](#)

[CDC.gov](#)

[PraeclarusPress.com](#)

Praeclarus Press. Breastfeeding & Covid 19. English and Spanish

Praeclarus Press. Moms outlast hard times.

World Health Organization. Several infographics are on this site.

USLCA. COVID-19 & breastfeeding.

[PraeclarusPress.com](#)

Free Posters



Praeclarus Press. Keep breastfeeding.

Praeclarus Press. Moms outlast hard times.

Praeclarus Press. Stay safe: Keep breastfeeding.

PraeclarusPress.com

Helpful Apps for You and Your Families

Veterans Administration (VA). PTSD Coach.

Anxiety and Depression Association of America (AADA). AADA reviewed mental health apps.

VA. CBT-I Coach. For people having trouble with insomnia. Uses cognitive-behavioral therapy.

VA. Mindfulness coach 1 and 2.

VA. MOVE! Coach. To track nutrition and exercise. The goal of the app is to help people lose weight, but exercise is a powerful tool to help manage stress.

VA. Parenting2Go. Provides convenient tools to strengthen parenting skills.

