Useful Links:

<https://globalhealthmedia.org/videos/attaching-your-baby-at-the-breast/>

https://www.breastfeedingnetwork.org.uk/positioning-attachment/

<https://globalhealthmedia.org/videos/how-to-express-breastmilk/>

<https://www.breastfeedingnetwork.org.uk/breastfeeding-help/expressing-storing/>

<https://www.tongue-tie.org.uk/tongue-tie-information/>

<https://kellymom.com/bf/concerns/mother/mastitis/>

<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding-and-lifestyle/diet/>