

Arabic Breastfeeding Resources

Source	Title	English	Arabic	Comment
Best Start Ontario	Breastfeeding Matters - An Important Guide to Breastfeeding for Women and their Families (44 p. 2014)	http://www.beststart.org/resources/breastfeeding/breastfeeding_matters_EN_LR.pdf	http://www.beststart.org/resources/breastfeeding/B04_translation/breastfeeding_matter_AR-1.pdf	A very comprehensive guide to breastfeeding. Links embedded in Arabic document are to English only documents. Some Ontario specific resources listed. (44 pages)
	Breastfeeding Your Baby - guidelines for Nursing Mothers –pdf of magnet (1 p. 2009)	http://www.beststart.org/resources/breastfeeding/pdf/magneng.pdf	http://www.beststart.org/resources/breastfeeding/pdf/arabic_magnet_art.pdf	Visual guide to tummy size, how often to feed, diaper output. Health Unit directory to Ontario help line.
La Leche League Canada	Why Does My Baby Cry? (2 p. 2015)	https://www.lllc.ca/sites/lllc.ca/files/420_Why-Baby-Cry_FINAL.pdf	https://www.lllc.ca/sites/lllc.ca/files/420-LA_Crying_Arabic_Mar2016_updated.pdf	An easy to read explanation of why a baby might cry that is breastfeeding friendly.
	Breastfeeding Tips (1 p. 2015)	https://www.lllc.ca/sites/lllc.ca/files/456_Revised_2015_CMYK.pdf	https://www.lllc.ca/sites/lllc.ca/files/456_CMYK_AR_FINAL.pdf	Simple tips for latching, common concerns.
	Tips for Breastfeeding Twins (2 p. 2016)	https://www.lllc.ca/sites/lllc.ca/files/462_CMYK_2015_FINAL.pdf	https://www.lllc.ca/sites/lllc.ca/files/456_CMYK_AR_FINAL.pdf	Basic tips including coordinating feedings and how family can help.
	La Leche League (Israel) has an Arabic website	No English translation	http://www.llisrael.org.il/%D7%9E%D7%95%D7%A6%D7%A8/%D7%AA%D7%A8%D7%95%D7%9E%D7%94/	Arabic speaking mothers could be referred to this site with confidence that the information they find is evidence-based.

Canadian Public Health Association	Taking Care of You and Your Baby (32 p. 2009)	http://you-and-your-baby.cpha.ca/_pdf/tcyayb_e_final_web.pdf	http://you-and-your-baby.cpha.ca/_pdf/tcyayb_arabic_final_web.pdf	This is a general newborn care guide that includes breastfeeding information. Funded by the makers of Lysol so there is an emphasis on germs, hand washing and disinfection)
UNICEF	Breastfeeding Your Baby (8 p. No date)	Not available	http://www.unicef.org.uk/Documents/Baby_Friendly/Leaflets/Other%20languages/bfyb_arabic1.pdf?epslanguage=en	Currently on the UK Baby Friendly website so would be up to date
U.S. National Library of Medicine MedlinePlus	-Breastfeeding Basics (2007-2008) -Getting Started with Breastfeeding Your Baby -Breastfeeding Problems (engorgement, sore nipples, plugged duct, mastitis) -Pumping and Storing Breastmilk	Included in each document	https://www.nlm.nih.gov/medlineplus/languages/breastfeeding.html	Simple handouts. No graphics.
Australian Breastfeeding Association	Breastfeeding Confidence (34 p. 2007)	https://www.breastfeeding.asn.au/bfinfo/breastfeeding-confidence?q=bfinfo/breastfeeding-confidence	https://www.breastfeeding.asn.au/node/24576	e-book – very good general information for breastfeeding basics. Nice formatting, pictures. Australian resources listed.