Suggested Videos from the Tablet Pilot Project

**BREASTFEEDING VIDEOS**

- Resources available on [MDH WIC Program Website - BF Resources](#)
  - 10 Hour Old Baby
  - Demonstrating difference between good latch and poor latch (Video)
  - Really good drinking at the breast (Video)
  - Baby-Led Mother-Guided (Video)
  - 4 Day Old After Tongue-tie Release With Compressions (video)

- Early Hand Expression
- Animated Latch Video
- Baby-Led, Mother-Guided Latching
- Biological Nurturing
- Preparing for a Good Start Breastfeeding. See videos under Overview and Learn tabs.

**VIDEOS ON OTHER TOPICS**

- Mom Circle  See Videos at [Mom Circle - Feeding Time](#)
- Iowa Extension How-To Videos  -- Includes videos on: How to make homemade baby food; How to shop for seasonal fruits & vegetables; How to plan a menu; and many other how-to videos.
- Farmers' Markets Fresh, Nutritious, Local  6” long; might be best suited for waiting area
- Whole Grains
- Let’s Move It! - video on physical activity. Might be more appropriate for waiting room.
- Paced Bottle Feeding