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^{*}See also *The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies,* which includes information for breastfeeding in the workplace. This guide was updated in 2013 and can be downloaded at http://www.cdc.gov/breastfeeding/pdf/BF-Guide-508.PDF.

^{*}Car seat information is available from the American Academy of Pediatrics at https://healthychildren.org/English/safety-prevention/on-the-go/Pages/Car-Safety-Seats-Information-for-Families.aspx; and from the Insurance Institute for Highway Safety, 1005 N. Glebe Road, Suite 800, Arlington, VA 22201; 703-247-1500; http://www.iihs.org. The National Highway Traffic Safety Administration, http://www.nhtsa.gov, also provides child passenger safety and air bag safety information for parents.