

Calgary Breastfeeding Resources

1. Families can access breastfeeding support from Calgary Public Health in the following ways:

- Families with infants 0-2 months of age can access the Postpartum Community Services Follow Up Clinics for assessment and potential referral to an LC by:
 - Calling the Public Health Nurse (PHN) with whom they had initial contact or home visit
 - Calling the Early Start Line **403-244-8351 (1-800-756-BABY)** where if necessary a referral is made to Postpartum Community Services
- Families with infants over 2 months of age can call:
 - Health Link phone number is **811** and if necessary a referral is made to Well Child Services
 - Local Community Health Centre to access a Public Health Nurse for support & referral.
 - Some of the well baby (weight) drop in clinics for babies > 2 months are staffed by Public Health Nurses some of whom are IBCLC certified but the drop ins are for baby weights and quick questions, not for consultations on serious breastfeeding questions.

2. Breastfeeding Clinics with IBCLC doctors and Private Practice IBCLCs:

- Foothills Breastfeeding Clinic (Dr. Meldrum IBCLC and others)
No referral needed
Alex Health Centre - 1318 Centre St NE, Calgary, Suite 101
403-266-2622
- Riley Park Breastfeeding Clinic (Dr. Lamond IBCLC and others)
Must be a Patient at Riley Park Maternity Clinic
Suite 130, 1402 8th Ave NW, Calgary
403 284-3711
- Circle Medical Clinic – (Dr. Landy IBCLC)
No referral needed
Circle Medical @ Copperfield- Suite 123, 15566 McIvor Blvd. SE, Calgary, AB
403-726-0524
- Dr. E. Jain's Breastfeeding Clinic at Richmond Square (Dr. Jain IBCLC)
Physician Referral required
#70, 3915 51st Street SW, Calgary
403 246-7076
- West Glen Medical Centre (Dr. Barry IBCLC, Dr. Kozlowska)
No referral needed
108-30 Springborough Blvd SW, Calgary
403-240-2221
- Private Practice IBCLCs Go to Find a Lactation Consultant
 - o <http://www.ilca.org/why-ibclc/falc>

3. Mother-to-Mother Support

- La Leche League Canada, Calgary Area telephone help line, 403-242-0277, www.lllc.ca
- Attachment Parents' Village Calgary, online support, weekly playgroup, www.apvillage.ca

4. Websites

- Stanford University
 - <http://newborns.stanford.edu/Breastfeeding/>
- Global Health Media
 - <http://globalhealthmedia.org/videos/>
- Breastfeeding Inc.
 - www.breastfeedinginc.ca
- Healthy Parents, Healthy Babies
 - healthyparentshealthychildren.ca
- MotherRisk (Information about medications and breastfeeding)
 - <http://www.motherisk.org/>

5. Other Resources

- Ups and Downs 403-289-4394
- Twins Triplets Multiples 403-274-8703
- Alberta Cleft Palate Foundation 403-289-3751
- Kenron Pharmacy 403-289-7244
SNS, pump rentals/parts

Medicine Shoppe Pharmacy (Sunpark Plaza SE) 403 - 873-0087 (SNS, pump rentals)

Tongue Tie Resources in AB <http://www.birthunlimited.ca/breastfeeding/157-alberta-tongue-and-lip-tie-resources.html>

Resources for mothers with depression - <http://www.albertahealthservices.ca/hp/if-hp-tr-en-postpartum-depression.pdf>

6. Doulas and in-home or respite help for mothers

- DONA, <http://www.dona.org/> (search under Calgary)
- CAPPA, <http://www.icappa.net/search/custom.asp?id=438> (search under Calgary, labour doula)
- In home help for new mothers (information from Calgary 211)
 - Families Matter – 403 288 –1446 <http://www.familiesmatter.ca/> (click on Family Mental Health, In Home Support)
 - Parent Link Centre – can provide resources for in home support for parents with children up to 6 yrs http://www.parentlinkalberta.ca/publish/PLC_Regional_Map.asp Call the nearest agency office in Calgary or rural AB communities
 - Local community churches often provide assistance and help to new mothers and families