

# Breastfeeding support in Waterloo Region\*

Breastfeeding is a normal way to feed your child. Successful breastfeeding can be helped by holding your baby against your chest immediately after birth, skin-to-skin; by breastfeeding often in the first hours and days of your child's life and proper positioning of your child at your breast. Health Canada recommends exclusive breastfeeding for the first six months of life and continuing for up to two years and beyond.

## In your breastfed baby's first few weeks, you know that your baby is doing well if:

- Your baby is feeding well at least eight times in 24 hours. Feeding more than eight times in 24 hours is also normal
- Your child's wet and soiled diapers are in line with this chart:

Your Baby's Age	1 day	2 days	3 days	4 days	5 days	6 days
<b>Wet Diapers</b>	at least 1	at least 2	at least 3	at least 4	at least 5	at least 6 heavy
<b>Soiled Diapers</b>	1-2 green or black	1-2 green or black	at least 3 brown, green or yellow	3 brown, green or yellow	3 getting more yellow	3 large, soft, yellow & seedy

- Your baby is back to birth weight by about two weeks of age
- Your baby's mouth is wet and pink, your baby's eyes look bright and awake, and your baby comes off the breast looking relaxed and sleepy
- Your breasts feel softer and less full after breastfeeding
- You can see and hear your baby swallow at the breast



## If you need support or information, the following services can help:

Name of service	Description	Location	Contact information	Cost	Times available	Services delivered
Public Health Breastfeeding Services	One-on-one breastfeeding support over the phone with a Public Health Nurse. In person breastfeeding support with a Public Health Nurse at a Public Health Breastfeeding Clinic. <i>Not available on weekend/holidays</i>	Waterloo Region*	519-575-4400	Free	Monday-Friday	- In person - Telephone
Cambridge Paediatric and Breastfeeding Clinic	Book an appointment with a Lactation Consultant. A referral from your doctor, nurse practitioner or midwife is required.	200 Franklin Blvd, Cambridge	519-620-3600	Covered by OHIP	By appointment	- In person
Blue Heron Midwives Born Midwives Cambridge Midwives Genesis Midwives K-W Midwives St Jacobs Midwives	Breastfeeding support for midwifery clients from birth to six weeks postpartum.	Waterloo Region*	Contact your midwife	Free	By appointment	- In person
Two Rivers Family Health Team Lactation Consultant	Breastfeeding support with a Lactation Consultant available to parents living in the communities of Cambridge and North Dumfries. Call to book an appointment.	350 Conestoga Blvd, Unit B15, Cambridge	519-629-4615 ext. 271	Covered by OHIP	By appointment	- In person

\* Cambridge, Kitchener, Waterloo, North Dumfries, Woolwich, Wilmot and Wellesley

Name of service	Description	Location	Contact information	Cost	Times available	Services delivered
Breastfeeding Buddies	Get matched with a trained volunteer who has breastfed. Prenatal, Me Breastfeed workshop, one-to-one phone support and community site breastfeeding drop-ins.	Waterloo Region*	519-772-1016 email: bfbuddies@kdchc.org	Free	Varies	- In person - Telephone
La Leche League	Group meetings or telephone help that provides mother-to-mother breastfeeding support. Accredited Leaders lead discussions where mothers receive breastfeeding information and support in their role as a breastfeeding parent.	First United Church, 16 William St. W. Waterloo (Labyrinth Room)	www.lllc.ca/lllc-kitchenerwaterloo-thursday-am	Free	First Thursday of each month at 10 a.m.	- In person - Telephone
		Downtown Community Centre, 35B Weber St. W. Kitchener	www.lllc.ca/lllc-kitchenerwaterloo-wednesday-pm	Free	Second Wednesday of each month at 7:30 p.m.	- In person - Telephone
Private Lactation Consultant Services	International Lactation Consultant Association (ILCA). See website "find a lactation consultant" feature to search for a practicing lactation consultant.		www.ilca.org	Fees vary	By appointment	- In person

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## Other breastfeeding resources at no cost

### Motherisk

Information about breastfeeding and medications, drugs or alcohol ..... [www.motherisk.org](http://www.motherisk.org)

Phone support is available Monday–Friday, 9 a.m.–5 p.m. at

- Motherisk Helpline (including prescription and over the counter medications): ..... **1-877-439-2744**
- Motherisk Alcohol and Substance Use Helpline: ..... **1-877-327-4636**

### Pregnets

Tobacco resources and support (including a community discussion board)

for pregnant and postpartum women ..... [www.pregnets.ca](http://www.pregnets.ca)

### Telehealth Ontario – 24/7 Breastfeeding Supports

Help from a Registered Nurse\*—24 hours a day, 7 days a week ..... **1-866-797-0000**

\*trained in breastfeeding and lactation support ..... **TTY: 1-866-797-0007**

### Breastfeeding Your Baby booklet

An informative guide to breastfeeding your baby. It can be accessed online at

..... [www.regionofwaterloo.ca/en/health-and-wellness/resources/Documents/BreastfeedingYourBabyBooklet.pdf](http://www.regionofwaterloo.ca/en/health-and-wellness/resources/Documents/BreastfeedingYourBabyBooklet.pdf)

### Breastfeeding Your Baby videos

Short and informative videos covering a variety of breastfeeding topics. Can be accessed through the ROWPublicHealth YouTube channel

..... [www.bit.ly/BreastfeedingVideoPlaylist](http://www.bit.ly/BreastfeedingVideoPlaylist)

### It is important to phone your health care provider, or call Telehealth at 1-866-797-0000 if:

- Your baby is very sleepy and hard to wake for feedings
- Your baby is crying and will not settle after feedings
- Your nipples are sore and are not getting better
- You have fever, chills, flu-like symptoms, or a red and painful area on your breast