

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
Wet Diapers	at least 1	at least 2	at least 3	at least 4	at least 5	at least 6 heavy
Soiled Diapers	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
Breastfeeding Support Services at Grand River Hospital	Breastfeeding support for patients and women who delivered at Grand River Hospital. Call for more information and for an appointment. Support available from 0–28 days after birth.	Grand River Hospital, 835 King St W, Kitchener	519-749-4355	Covered by OHIP	By appointment 7 days a week	– In person – Telephone
Cambridge Paediatric and Breastfeeding Clinic	Book an appointment with a Lactation Consultant. A referral from your doctor or midwife is preferred.	200 Franklin Blvd, Cambridge	519-620-3600	Covered by OHIP	By appointment	– In person
Public Health Breastfeeding Support	Support from a Public Health Nurse related to the health of your child including breastfeeding support. Leave a message on the Healthy Children Info Line and a Public Health Nurse will call you with information about the services available to you. <i>Not available on weekends</i>	Waterloo Region*	519-883-2245	Free	Monday– Friday, 9 a.m.–12 p.m. and 1:30–4 p.m.	– In person – Telephone
Blue Heron 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

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

Name of service	Description	Location	Contact information	Cost	Times available	Services delivered
Two Rivers Family Health Team Lactation Consultant	Lactation Consultant available for patients of the Two Rivers Family Health Team in Cambridge.	350 Conestoga Blvd, Unit 15, Cambridge	519-629-4615 ext. 271	Covered by OHIP	By appointment	– In person
Breastfeeding Buddies	Get matched with a trained volunteer who has breastfed. One-to-one phone support and community sites.	Waterloo Region*	519-772-1016	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	519-579-3800 1-800-665-4324 www.lllc.ca	Free	First Thursday of each month at 10 a.m.	– In person – Telephone
		Downtown Community Centre, 35B Weber St. W, Kitchener		Free	Second Wednesday of each month at 7:30 p.m.	– In person – Telephone
		Cambridge		Free	Third Thursday of each month at 10 a.m.	– In person – Telephone
Private Lactation Consultant Services	Support from a Lactation Consultant. Call the Healthy Children Info Line for an up-to-date list of Lactation Consultants in Waterloo Region.	Waterloo Region*	519-883-2245 (leave a message)	Fees vary	By appointment	– In person

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

Other breastfeeding resources at no cost

Dr. Jack Newman and Edith Kernerman website

Breastfeeding website including on-line video clips teaching important breastfeeding tips and techniques. . . . www.drjacknewman.com

Motherisk

Information about breastfeeding and medications or drugs and alcohol www.motherisk.org
Phone support is available Monday–Friday, 9 a.m.–5 p.m. at **1-416-813-6780**

New Parent Resource Guide

Information about breastfeeding is provided in the guide and the website
The New Parent Resource Guide is included in your childbirth package or visit the website www.parentguide.ca

Telehealth

Help from a Registered Nurse—24 hours a day, 7 days a week. **1-866-797-0000**
. **TTY: 1-866-797-0007**

It is important to phone your doctor or midwife, or call Telehealth at 1-866-797-0000 if:

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