

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 0–7 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 required.	200 Franklin Blvd, Cambridge	519-620-3600	Covered by OHIP	By appointment	– In person
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
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

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

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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. Baby and Me Breastfeeding Drop In.	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
		YWCA Cambridge 55 Dickson St. Cambridge (Galt)		Free	Third Thursday of each month at 10 a.m.	– In person – Telephone
Private Lactation Consultant Services	International Lactation Consultant Association (ILCA). See website “search tool” 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 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 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**

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