

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.

See the next page for a list of local services for information and support in breastfeeding.

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 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
- your child's wet and soiled diapers are in line with the chart below

Your baby's age	1 day	2 days	3 days	4 days	5 days	6 days
Wet Diapers	At least one	At least two	At least three	At least four	At least five	At least six heavy
Soiled Diapers	One to two green or black	One to two green or black	At least three brown, green or yellow	Three brown green or yellow	Three, getting more yellow	Three large, soft, yellow and seedy

Breastfeeding resources at no cost:

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

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

Telehealth Ontario 1-866-797-0000 TTY: 1-866-797-0007

Support from a registered nurse trained in breastfeeding and lactation support over the phone 24 hours a day, seven days a week

It is important to contact 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

Alternate formats of this document are available upon request. Please call 519-575-4400 (TTY 519-575-4608) to request an accessible format. Changes or revisions to this resource may be found at www.regionofwaterloo.ca/ph

This resource was created by the Community Breastfeeding Alliance of Waterloo Region. It is maintained and updated by The Region of Waterloo, Public Health Updated:

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 or in person with a Public Health Nurse at a Public Health Breastfeeding Clinic. <i>Not available evenings or 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
Midwife Practices: Blue Heron, Born, Cambridge, Genesis, K-W, St Jacobs	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
LatchedOn Paediatric and Breastfeeding Services	Breastfeeding support with a Lactation Consultant available in various clinic locations or in your home.	Waterloo Region*	519-585-3100 www.latchedon.ca	Covered by OHIP	By appointment	-In person
Breastfeeding Buddies	Get matched with a trained volunteer who has breastfed. Prenatal Breastfeeding 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 Waterloo	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 W., Waterloo (Labyrinth Room)	www.lllc.ca/lllc-kitchenerwaterloo-thursday-am	Free	First Thursday of each month at 10 a.m.	- In person - Telephone
La Leche League Kitchener	<i>-as above</i>	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

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