



Halton Baby-Friendly Initiative

Breastfeeding Supports

Online

HaltonParents

Halton.ca/breastfeeding



haltonparents@halton.ca

- Breastfeeding your baby
- Getting off to a good start
- Breastfeeding FAQs
- Possible breastfeeding concerns
- Breastmilk expression and storage
- Returning to work/school

Halton Baby-Friendly Initiative

babyfriendlyhalton.ca



info@babyfriendlyhalton.ca

- Updated listing of breastfeeding supports
- Private lactation consultants
- Breastfeeding clinics
- Community events
- Breastfeeding rights

La Leche League (LLL)

lllc.ca



- Breastfeeding information
- Blogs
- Breastfeeding stories
- Find a group
- Contact a LLL leader

Telephone and email

Joseph Brant Hospital (JBH)

905-681-4831

- For babies born at JBH
- 24/7 "warm line"
- Within the 6 first weeks of going home

Telehealth Ontario breastfeeding support

1-866-797-0000

- 24/7 breastfeeding support
- RNs with breastfeeding training
- Lactation experts available for complex questions

HaltonParents

311 or 905-825-6000
Toll free 1-866-442-5866
haltonparents@halton.ca

- Mon-Fri 8:30am-4:30pm
- Public health nurses
- Parenting support, including breastfeeding

Halton Breastfeeding Connection

311 or 905-825-6000
Toll free 1-866-442-5866

- Mother-to-mother breastfeeding support
- Volunteers have personal breastfeeding experience and breastfeeding training

La Leche League (LLL)

1-800-665-4324

- Experienced LLL leaders provide telephone breastfeeding support

Motherisk (Toronto Hospital for Sick Children)

416-813-6780
Toll-free 1-877-439-2744

- Information about medication and drugs during pregnancy and breastfeeding

Doulas can also provide postpartum support. Find a doula at doulacare.ca



Halton Baby-Friendly Initiative

Breastfeeding Supports

Drop-in groups

Peer-to-peer breastfeeding groups with a leader knowledgeable about breastfeeding

Burlington

Breastfeeding Meetup

1st and 3rd Wednesday of the month

1:00 pm – 3:00 pm

Burlington ROCK/OEYC
710 Cumberland Ave

La Leche League Drop In

1st Wednesday of the month

7:00 pm – 8:30 pm

Burlington ROCK/OEYC
645 Plains Road East

Halton Hills

Breastfeeding Meetup

2nd and 4th Wednesday of the month

12:30 pm – 2:00pm

Ontario Early Years Centre
85 Wallace Street
Acton

Milton

Breastfeeding Matters Drop In

2nd and 4th Wednesday of the month

10:00 am – 11:30 am

Milton Community HUB
Our Lady of Victory School
540 Commercial Street

Breastfeeding Cafe Drop In

2nd Monday of the month

12:30 pm – 2:30 pm

World of My Baby (the WOMB)
388 Main Street East

Suggested donation of \$5 to Angel Fund if able

Oakville

Breastfeeding Cafe Drop In

2nd and 4th Friday of the month

12:30 pm – 2:30 pm

Oakville Parent Child Centre
461 North Service Road W, Unit 17

La Leche League Drop In Group

2nd Tuesday of the month

1:15 pm – 2:15 pm

Oak Park Neighborhood Centre
2200 Sawgrass Drive

Groups are subject to change

Please visit babyfriendlyhalton.ca/groups to confirm the day and time before attending

Breastfeeding clinics

Feeding assessment provided by an IBCLC (International Board Certified Lactation Consultant)

Hospital Breastfeeding Clinics

By appointment
Attend clinic at hospital of birth

Halton Healthcare haltonhealthcare.on.ca

- Oakville Trafalgar Memorial Hospital
905-338-4131
- Milton District Hospital
905-878-2383 x7610

Joseph Brant Hospital josephbranthospital.ca

- Burlington
905-681-4840

Community Clinic

Drop-in
Babies over 6 weeks old who live in Halton

ROCK Early Years bfrc.ca

Monday afternoons 1:00 pm – 3:00 pm

(last admission 2:15 pm)

Wednesday mornings 9:30 am – 12:00 pm

(last admission 11:15 am)

710 Cumberland Ave, Burlington

905-632-9377

oeychelp@rockonline.ca

For information on private breastfeeding clinics, visit babyfriendlyhalton.ca/bfc

March 2017

Updates available at

babyfriendlyhalton.ca/groups

Breastfeeding supports in this flyer are free unless specified otherwise