



Halton Baby-Friendly Initiative

Breastfeeding Supports

Online

HaltonParents

Halton.ca/breastfeeding



haltonparents@halton.ca

- Why breastfeed?
- Preparing to breastfeed
- FAQs
- Common problems
- Expressing, storing & feeding breastmilk
- Breastfeeding & work/school

Halton Baby-Friendly Initiative

babyfriendlyhalton.ca



info@babyfriendlyhalton.ca

- Updates to this list of breastfeeding supports
- Private lactation consultants
- Breastfeeding clinics
- Community events
- Breastfeeding rights
- Breastfeeding resources

La Leche League (LLL)

lllc.ca



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

Community drop-in groups

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

Burlington

Breastfeeding Café Drop In
4th Monday of the month

12:30 pm – 2:00 pm

World of My Baby (the WOMB)
560 Brant Street

Suggested donation of \$5 to Angel Fund if able

Burlington Breastfeeding Café
3rd Wednesday of the month

11:00 am – 2:00 pm

Birth and Baby Needs
1022 Waterdown Road

Breastfeeding Meetup
1st and 3rd Wednesday of the month

1:00 pm – 3:00 pm

ROCK/EarlyON Centre
710 Cumberland Ave

La Leche League Drop In
1st Wednesday of the month

7:00 pm – 8:30 pm

ROCK/EarlyON Centre
645 Plains Road East

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

3rd Monday if stat holiday

1:30 pm – 3:00 pm

World of My Baby (WOMB)
388 Main Street East

Suggested donation of \$5 to Angel Fund if able

Breastfeeding Cafe Drop In
1st Tuesday of the month

9:30 – 11:00 am

Hawthorne Cafe
10220 Derry Road, unit 104

Acton

Breastfeeding Meetup
2nd Wednesday of the month

9:30 am – 11:00 am

EarlyON Centre
85 Wallace Street

Georgetown

Breastfeeding Meetup
4th Monday of the month

9:30 am – 11:00 am

EarlyON Centre
8 James Street

Oakville

La Leche League Breastfeeding Café
1st Thursday of the month

10:00 am – 11:30 am

Date & time change in January 2019

Knox Presbyterian Church
89 Dunn Street

Baby Rhyme Time Breastfeeding Drop In
1st Tuesday of the month

1:15 pm – 2:45 pm

Oak Park Neighborhood Centre
2200 Sawgrass Drive

Groups change!
Confirm before attending
babyfriendlyhalton.ca/groups

Breastfeeding supports are free unless stated otherwise



Halton Baby-Friendly Initiative

Breastfeeding Supports

Phone

HaltonParents	311 or 905-825-6000 Toll free 1-866-442-5866	<ul style="list-style-type: none">• Mon-Fri 8:30am-4:30pm• Public health nurses with breastfeeding training
Telehealth Ontario breastfeeding support	1-866-797-0000	<ul style="list-style-type: none">• 24/7 breastfeeding support• RNs with breastfeeding training• Lactation experts available for complex questions
Joseph Brant Hospital (JBH)	905-681-4831	<ul style="list-style-type: none">• 24/7 "warm line"• For babies born at JBH in the first 6 weeks
Halton Breastfeeding Connection	311 or 905-825-6000 Toll free 1-866-442-5866	<ul style="list-style-type: none">• Mother-to-mother support• Trained volunteers with personal breastfeeding experience
La Leche League (LLL)	1-800-665-4324	<ul style="list-style-type: none">• Phone support from experienced LLL leaders
Motherisk (Toronto Hospital for Sick Children)	416-813-6780 Toll-free 1-877-439-2744	<ul style="list-style-type: none">• Information about medication and drugs while breastfeeding

Breastfeeding clinics

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

Hospital Breastfeeding Clinics

- ✓ Appointment needed
- ✓ Attend clinic at hospital of birth

Halton Healthcare haltonhealthcare.on.ca

- Oakville Trafalgar Memorial Hospital
905-338-4131
- Milton District Hospital
905-878-2383 x7030

Joseph Brant Hospital josephbranthospital.ca

- Burlington
905-681-4840

Community Clinic

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

ROCK/ EarlyON Child and Family Centre bffc.ca

Monday afternoons 1:00 pm – 2:15 pm
Wednesday mornings 9:30 am – 11:15 am
710 Cumberland Ave, Burlington
905-632-9377
oeychelp@rockonline.ca

Visit babyfriendlyhalton.ca/supports for information on private breastfeeding clinics and lactation consultants (IBCLC)

October 2018

Updates available at babyfriendlyhalton.ca/supports