

LOCAL LACTATION SUPPORTS

BREASTFEEDING / CHESTFEEDING / HUMAN MILK FEEDING SUPPORTS AVAILABLE IN WATERLOO REGION



FREE PEER LACTATION SUPPORT

Breastfeeding Buddies: Trained peer volunteers provide Phone/Text/Email Support, In-Person & Virtual Prenatal classes, Virtual Latch & Learn Group Sessions, and In-Person group drop-in Sessions. To connect call (519) 772-1016, visit us online at BreastfeedingBuddies.com or send us an email at

✉ bfbuddies@healthcaringkw.org [f BreastfeedingBuddiesWR](https://www.facebook.com/BreastfeedingBuddiesWR) [i BreastfeedingBuddies](https://www.instagram.com/BreastfeedingBuddies)

La Leche League: Free Peer Support www.lllc.ca/get-help



FREE CLINICAL LACTATION SUPPORT

Public Health Breastfeeding Clinic: Phone/Virtual/In person services available in Cambridge, Kitchener & Waterloo
519-575-4400 Book online at tinyurl.com/WRIInfantFeedingClinic

Breastfeeding Medicine of KW, Dr. Joanna Zorzitto MD,CCFP,IBCLC, NABBLM-C: In clinic appointments. Breastfeeding support with a physician who specializes in breastfeeding medicine. Referral preferred, self referral available when required. BreastfeedingMedicineKW.ca Phone: 519-578-3510

Cambridge Paediatric & Breastfeeding Clinic: In person support offered by an RN/Lactation Consultant & Paediatrician. Referral from family doctor, midwife or nurse practitioner preferred 519-620-3600

Dr. Penny English NABBLM-C, IBCLC: In-person OHIP covered lactation and breastfeeding/pumping support. Referrals required by fax to 226-215-3503

Two Rivers FHT: In person or Phone visits. General breastfeeding /chestfeeding support for residents of Waterloo Region. Self referral: 519-629-3388 ext:1 TwoRiversFHT.ca

Tania Heinemann IBCLC: Virtual/Phone/Text/In-Clinic consultations *Referral preferred. Yellowood.ca 519-716-0956 ✉ Yellowood73@gmail.com

Tara Shantz IBCLC NP RN: In Clinic, Virtual, or Phone Consult. Self booking online at LatchedOn.ca or by phone 519-585-3100 ✉ office@latchedon.ca [f LatchedOnPaeds](https://www.facebook.com/LatchedOnPaeds) [i Latched_on](https://www.instagram.com/Latched_on)



DO YOU HAVE PRIVATE HEALTH INSURANCE?

Many insurance companies will provide coverage for lactation support by a certified IBCLC. Please visit: tinyurl.com/SearchCLCA AND tinyurl.com/SearchILCA to locate an IBCLC near you.



MOST MEDICATIONS ARE **SAFE** WHEN YOU ARE NURSING OR PUMPING

Worried you have to stop nursing or pumping in order to seek treatment? In almost all cases it is safe to continue if you need to take medication, though some options are safer than others. For accurate, up to date information about lactation & medication, talk with your pharmacist or healthcare provider & visit:



E-Lactancia.org



InfantRisk.com



MotherToBaby.org

*Have urgent concerns about yourself or your baby? Talk to your healthcare provider or connect with [Health 811](http://Health811.ca) right away.



breastfeeding buddies
Waterloo Region

For more information call: (519) 772-1016
BreastfeedingBuddies.com

SIGNS FEEDING IS GOING WELL

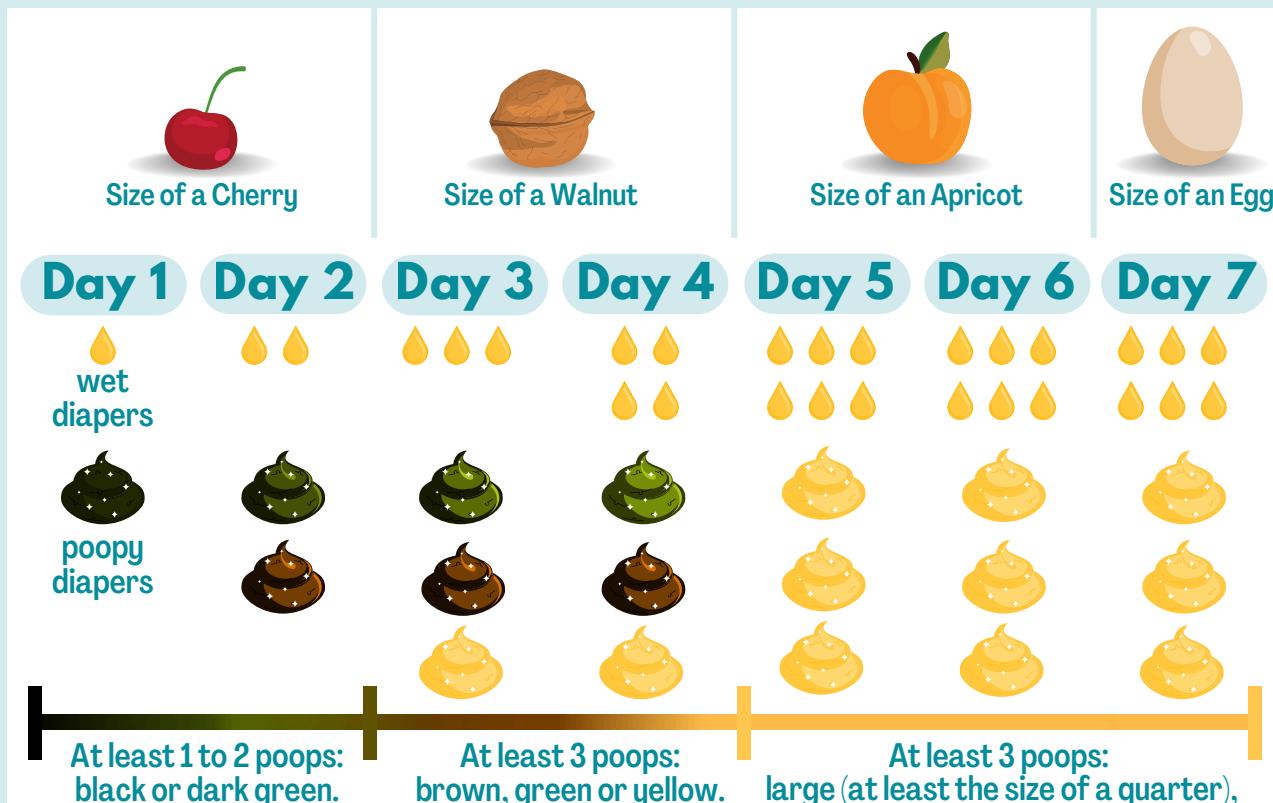
Feeding Frequency



Babies need to breast/chestfeed at least 8 times in a 24 hour period, though most feed much more frequently! This is okay so long as:

- Baby is sucking strongly, slowly, steadily and swallowing often.
- Baby has enough wet and poopy diapers (see the chart)
- Baby has a strong cry, moves actively and wakes easily.
- Your breast/chest may feel softer and less full after nursing.
- Nursing your baby is comfortable.
- Baby is gaining weight well*

Baby's Tummy Size



At least 1 to 2 poops: black or dark green.

At least 3 poops: brown, green or yellow.

At least 3 poops: large (at least the size of a quarter), soft & seedy.

*Most babies lose a bit of weight in the first three days. From day 4 onward, most babies gain weight regularly.
*Always check in with your healthcare provider if you're concerned about your baby.

Daily (24 hour) Total Week 2 to Week 6

+ At least 6 heavy wet diapers. Pee should be pale & mild smelling.

+ 3 or more large yellow seedy poops (at least the size of a quarter).

Daily (24 hour) Total After 6 Weeks

+ At least 6 heavy wet diapers. Pee should be pale & mild smelling.

+ It's normal for some babies to poop many times each day. It's also normal for some babies to have 1 big yellow poop every 1-7 days as long as baby is healthy and their poop is either soft like toothpaste or seedy & watery.*

If you have discomfort, pain or questions reach out for help right away.

Humanmilk is the only food your baby needs for the first 6 months of life!



Scan
For
Help



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