



*Are you
pregnant?*



*Do you have
a new baby?*



*Do you want
to know
more about
breastfeeding?*



My Breastfeeding Guide

**best start
meilleur départ**

by/par health **nexus** santé

My Breastfeeding Guide

This breastfeeding guide has information and answers questions you may have as an expectant parent or as a new parent. You can share this guide with the people who are supporting you.

You may also wish to do an online breastfeeding course with a partner:

<http://sites.uoit.ca/breastfeeding-information-for-parents/index.php>. A partner can be your best friend, a parent, or any person you rely on.

If you have a premature baby, twins, or other special situations, you will probably need some additional help beyond the information found in this guide. You can find a list of reliable resources and websites at the end of this book.

Reasons to Breastfeed

Every mother has her own reasons to breastfeed. More than 90% of women in Ontario decide to breastfeed their babies. Here is what some mothers and their families are saying:

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“I wanted to breastfeed Ahmed so he would be healthier. I keep on breastfeeding because it helps me feel close to him.”





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“I do not have to wash bottles or buy formula. I save a lot of money by breastfeeding.”

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“Breastfeeding was hard at first, but now it is easy.”



"I am glad that our baby is breastfeeding. He has a better chance of growing up healthy and smart. I encourage my partner as much as I can."



"I didn't breastfeed my children. I wish I had known that breastfed babies are less likely to die from Sudden Infant Death Syndrome (SIDS)."

Doctors and other experts encourage breastfeeding too.

"Breastfeeding helps mothers as well as babies. Your body will recover from the birth faster. If you need to lose weight after the baby is born, breastfeeding will help. You will be less likely to get breast cancer or some other cancers."





Breastfeeding protects babies from:

- **Getting sick.**
- **Dying from SIDS.**
- **Having diabetes.**
- **Becoming overweight.**
- **Having other health problems.**

Breastmilk is the only food your baby needs until the age of 6 months. Breastfeeding will help your baby grow up as healthy as possible.

Some reasons why I want to breastfeed:

Before You Give Birth

I have small breasts. Will I be able to breastfeed?

Yes. It does not matter what size your breasts are. Small breasts can make plenty of milk!

I smoke. Should I breastfeed?

- Yes, even if you smoke, breastfeeding is still the healthiest choice for your baby.
- To help decrease the risk to your baby, breastfeed before you smoke, smoke outdoors while the baby is left inside with family or friends.
- If you have smoked, wash your hands and change your outer clothing before holding your baby.
- If you can, try to cut down on smoking or quit. For information, refer to page 27 under *Smoking Cessation*.

I like to drink alcohol at times. Should I breastfeed?

- If you choose to have an occasional alcoholic drink while breastfeeding, it is important to plan ahead and breastfeed just prior to drinking alcohol.
- Many mothers choose an alcohol-free drink instead. This is the safest choice.
- For more information, refer to the resource *Mixing Alcohol and Breastfeeding* at www.beststart.org/resources/alc_reduction/breastfeed_and_alcohol_bro_A21E.pdf





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“My baby was sick when he was born. He didn’t nurse well, so it’s taking me longer to get a good milk supply. For now I’m feeding him formula through a tube at my breast. I’m happy we’re still breastfeeding.”

I do not always eat well. Can I still breastfeed?

- Yes, even if you do not eat the best diet, your milk is still good and it’s much better than formula.
- For ideas on healthy nutrition, refer to page 27 under *Healthy Nutrition*.

Can I take medication if I breastfeed?

- Yes, most medications are safe to take while you are breastfeeding, but always check with your health care provider, your pharmacist or Motherisk.
- Motherisk (1-877-439-2744) can answer your questions about the safety of prescribed medications, over the counter products, and herbs.
- Speak to your health care provider about breastfeeding if you use street drugs. Street drugs can harm your baby.

What if I have questions or I need help?

- Speak to friends or family who have breastfed. You can learn a lot from other mothers.
- Talk to a health care provider who has experience helping breastfeeding mothers.
- The *Bilingual Online Ontario Breastfeeding Services directory* at www.ontariobreastfeeds.ca can help you connect and get help and support from peers, professionals and experts.

People Who Can Help



A doctor

"I can help you find a breastfeeding clinic or expert."

A Public Health Nurse, Nurse Practitioner or a midwife

"You can call me if you have breastfeeding questions. I can help you find the answers."



A lactation consultant

"I help mothers get breastfeeding off to a good start and can help them if they have any problems."

See www.ilca.org to help you find a lactation consultant near you.



A post-partum doula

"I work with mothers who have new babies. I can help with some breastfeeding challenges."



Peer supporter

"I breastfed my baby, and have extra training about breastfeeding. You can call me, come to one of our meetings or we can plan to meet. I know what it's like!"



Family or friends

"Breastfeeding takes time to learn at first. You want someone who will look after YOU too, and not only your baby!"



Family

"Sometimes you just want to hear that you are a good mom, and that you are doing a good job breastfeeding."

Phone numbers or emails of people who could help me with breastfeeding:

Will medication in labour make breastfeeding harder?

It's easier to breastfeed if you have little or no medication in labour.

- Women who have medication in labour or have a caesarean section can still breastfeed.
- Some medications given to mothers in labour can make breastfeeding harder because of side effects such as drowsiness in the baby.
- Labour can be hard work but a support person can make it easier and lessen your need for medication.
- Be sure to ask your doctor, midwife or nurse about your options.

The people who will support me in labour are:



"I had a caesarean section when my baby was born. It was hard to get comfortable to breastfeed. But the nurse showed me how to use pillows to make it easier."

<http://trilliumhealthpartners.ca/patientservices/womens/Pages/breastfeeding-after-caesarean-birth.aspx>

When Your Baby is Born

How soon after the birth can I breastfeed my baby?

Right away!

Your baby knows how to breastfeed. You just need to help him a little.

As soon as he is born, you can place him skin-to-skin on you. That will calm him and relax him. Skin-to-skin means he is wearing just a diaper (and maybe a hat) and his bare skin is against your bare chest and tummy. Your baby will be wiped dry and a blanket will keep you both warm.

Even if your baby isn't ready to breastfeed right away, it is good for him to stay skin-to-skin without interruption for at least one to two hours, or until he is ready to feed.

Being skin-to-skin will help your baby:

- Be calmer.
- Breathe better.
- Have normal blood sugar.
- Stay warm.

To encourage him to breastfeed, you can try this approach (often called "laid-back breastfeeding"):

- Lie on your back with pillows to raise your head and shoulders and get comfortable.
- While skin-to-skin, put your baby tummy down on your chest.
- Support his bottom and shoulders with your hands.

When he is ready, he will start looking for the breast. He will lift up his head, push with his legs and use his hands to help him find the nipple.

At first, he might just lick the nipple or might bob his head up and down over the breast.

After a while he will find the nipple and latch on.

When he is touching your nipple, you might feel contractions again in your belly, just like when you were in labour. This is normal.

If your nipple feels sore as your baby sucks or you are not comfortable, you can move your baby a little until it feels better. You want him to have as much of the breast as possible in his mouth, not just the nipple. Ask your nurse or other support person to help you.



"I had no idea that babies could do this! It was amazing to see her find the breast and latch on by herself. She's so smart."

Learning to Breastfeed

Are there different ways to know when my baby is hungry?

As you get to know your baby, you will learn what she does to tell you she is hungry. Every baby is a little different! Here are some things she may be doing:

- Moving her lips as if she is sucking.
- Putting her hands up to her mouth or face.
- Sucking her fists or fingers.
- Turning her head from side to side while opening her mouth.
- Trying to move towards your breast.

Always try to breastfeed when you see these early signs. If you miss the early cues and your baby is crying, you will need to calm her before she is able to breastfeed. See page 19 for tips on calming your baby.

Are there different ways to hold my baby when I breastfeed?

The laid-back or semi-reclined position is good to help a newborn baby breastfeed but can be used anytime you and your baby like.

There are also other positions you can use.

For any position:

- **Tummy against tummy:** When your baby's tummy is against your tummy, he can latch on to your nipple more easily. When you hold your baby so that his nose is level with your nipple, he can tip his head back as he latches on. That way he will get a lot of your breast and nipple in his mouth.
- **Latch:** When he latches well, his chin will be pressed into your breast, his head will be tipped back, and his nose will be away from your breast. You want him to have your nipple and part of your breast in his mouth.
- **Use of pillows:** They can support you in a comfortable position, or protect your scar if you had a caesarean section. You do not need a special breastfeeding pillow, but some mothers like them.
- **Placement of your hand:** If your hand is behind his head, he may push back against your hand and not latch on. It is easier to help him latch if your hand is behind his shoulders and supporting his neck.
- **Wait for a wide-open mouth:** Make sure your baby's chin is touching your breast. Watch for your baby to open his mouth wide for the nipple, and then gently press his shoulders so he gets closer to you. That way the nipple and the area around it goes deep into his mouth.
- **Support your breast:** You might need to support your breast with your hand. You will want your fingers and thumb back from the nipple so they will not get in the way of your baby's mouth.





Lying down

When you are tired (and all new mothers are tired!) it helps to be able to breastfeed lying down.

- Lie on your side, with a pillow under your head. Some mothers like a pillow behind their backs or one between their knees, too.
- Let the pillow support the weight of your head.
- Have your baby on her side and facing you.
- Pull her in close so that her nose is level with your nipple and her chin presses against your breast. When she tips her head back and opens her mouth wide, bring her in closer to help her latch on.



The football hold

(when breastfeeding from the left breast)

- Put a pillow behind your back.
- Hold your baby beside you with her body between your left elbow and your side, so that her legs and feet are towards your back.
- Your left hand will be behind her shoulders and neck.
- You can support your breast with your right hand.



The cross-cradle position

(when breastfeeding from the left breast)

- Hold your baby with your right arm.
- Put your right hand behind her shoulders and neck.
- You can support your breast with your left hand.



The cradle position

(when breastfeeding from the left breast)

- Hold your baby in your left arm, with her head near your elbow. Your hand holds her bottom.
- You can support your breast with your right hand if you need to, or use your right hand to help support your baby's weight.

Any position that is comfortable for you and your baby is an acceptable position. A good position allows a good latch.

What if I need to increase my milk supply?

- Most mothers can make enough milk for their babies – even if they have twins or triplets.
- Some mothers are actually making enough milk, but the baby is having a hard time getting it. They might have to help the baby get a better latch or breastfeed more often. The baby may have a problem that makes it hard for him to get the milk.
- The easiest way to increase your milk supply is to feed, hand express and/or pump more often.
- Very few mothers do not make enough milk to satisfy their babies. They can still breastfeed, but they might need to give their babies extra milk as well.
- Talk to your health care provider if you have concerns.

What if my baby is having trouble latching on?

Babies who have been crying a lot can be harder to feed. A crying baby has her tongue up at the top of her mouth so it can make it difficult for her to latch on.

You can try to:

- Watch for the early signs that your baby is ready to breastfeed (putting her hands up to her mouth, for example) and breastfeed before she starts to cry.
- Hold her upright with her tummy against your chest, pat her back and talk to her until she calms down. Then try breastfeeding again.
- Switch to a different breastfeeding position.
- See if she will latch on by herself in the laid-back position.
- Let your baby suck on your clean finger for a minute to help her calm down. Then try breastfeeding again.
- Express some milk on your nipple so your baby will smell and taste it right away.
- Give her some expressed breast milk by cup or spoon and then try her at the breast.



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“My baby was feeding well at first. Then my breasts got full and it was like he forgot what to do. It helped when I expressed some milk first.”

Why are my breasts so full? What can I do?

Between two and four days after your baby is born, you will start making a lot more milk. Your breasts might feel hard and sore. Your breasts might be so full that it is hard for your baby to latch on.

It will help if you:

- Feed your baby as often as she is willing to eat.
- Use both breasts at each feeding.
- Make sure your baby is latched on well. This helps her get more milk.

If your baby still can't latch on, you might want to express some milk. Your baby can get this milk from a spoon or a cup. Then try to breastfeed again, before your breasts become too firm.

If your breasts get so full that your baby can't latch on, you can try to:

- Express some milk before you feed your baby. This should make the area around the nipple softer.
- Put an ice pack (wrapped in a cloth) or a cold washcloth on your breasts between feedings.
- Place a warm cloth on your breast just before feeding to help the milk flow.
- Contact a breastfeeding expert if you continue to have trouble latching your baby.

It can take a day or two or up to a week for this very full feeling to go away. That's normal. You will still have plenty of milk for your baby when your breasts feel softer.

What if breastfeeding hurts?

If your baby does not get enough of your breast in his mouth, your nipples may hurt.

You can try to:

- Gently press your baby's shoulders closer to you.
- Lean back so your baby is more on top of you.
- Help your baby get more of your breast into his mouth.

Breastfeeding is not supposed to hurt. If it does, find a breastfeeding expert to help you figure out why it is painful and how to fix it.



I have been breastfeeding for a few days and my nipples are very sore. Why is this happening?

The most common reason for sore nipples is that the baby is not latched on well.

How can you tell if your baby is not latched well?

- When your nipple comes out of your baby's mouth, it looks flat on one side.
- You see cracks, blisters or bleeding on your nipples.



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“My nipples hurt so much I wanted to stop breastfeeding. But I got help and I learned how to latch him on better and now it is fine.”

What can I do?

- Help your baby to get your nipple as far into his mouth as he can. You could press gently on his shoulders to move him closer to you as he latches on. A different position for breastfeeding might help, too.
- Tilt his head back a little bit by shifting your position or by tucking his bottom in closer to you. This can help him get more of your breast in his mouth.

If your nipples are not getting better after a day or two, you may need more help. There might be another cause. A breastfeeding expert will help you figure out what is wrong and what to do.

Why do I feel a lump in my breast?

If you feel a lump that hurts in your breast, it could be a blocked duct. This can be anywhere on your breast. Some things you could try to get rid of the plug:

- You can gently rub the breast with your fingers or thumb where the lump is. If you do it while your baby is breastfeeding, that may help even more. You can also use the back of an electric toothbrush, if you have one.
- A warm cloth or heating pad on your breast where the lump is can help. After application of heat, breastfeed your baby or hand express and/or pump to remove milk from your breast.
- You may also find it helps to feed your baby in a different position. It can help to breastfeed with your baby's chin close to the lump.
- Sometimes mothers have a lump that hurts, have a red area on the skin of their breasts near the lump and they feel sick with a fever. This might be an infection. Contact your doctor who might suggest you take medicine for this. The medicine will not hurt your baby. Your milk is still good for your baby, and you will heal faster if you continue breastfeeding.

Refer to *Blocked Ducts* fact sheet at www.beststart.org/resources/breastfeeding/Ducts_Fact%20Sheets_Eng_rev2.pdf for more information.

How do I know if my baby is getting enough milk?

Most babies will lose weight in the first few days, but after that they should start gaining. Your midwife, your community health centre, your local public health unit or your doctor will weigh your baby to check.

At home you can watch for these things:

- Your baby is feeding at least eight times in 24 hours. It is okay if your baby breastfeeds more often. His tummy is small so he needs to keep refilling it.
- Your baby changes from fast sucks at the beginning of the feeding to slow sucks. You may be able to hear or see your baby swallowing. He may change to fast sucks again later in the feeding. That is okay.
- After he is four days old, your baby has at least three or four poopy diapers every 24 hours. The poop is yellow in colour and like thick soup. After six or eight weeks, he may not poop as often. That is normal.
- Your breasts may feel softer after your baby feeds.

GUIDELINES FOR NURSING MOTHERS										
Your Baby's Age	1 WEEK							2 WEEKS	3 WEEKS	
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS			
How Often Should You Breastfeed? Per day, on average over 24 hours										
Your Baby's Tummy Size	 Size of a cherry		 Size of a walnut		 Size of an apricot		 Size of an egg			
Wet Diapers: How Many, How Wet Per day, on average over 24 hours	 At least 1 WET	 At least 2 WET	 At least 3 WET	 At least 4 WET	 At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE					
Soiled Diapers: Number and Colour of Stools Per day, on average over 24 hours	 At least 1 to 2 BLACK OR DARK GREEN		 At least 3 BROWN, GREEN, OR YELLOW		 At least 3 large, soft and seedy YELLOW					
Your Baby's Weight	Most babies lose a bit of weight in the first 3 days after birth.			From day 4 onward, most babies gain weight regularly.						
Other Signs	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.									
 by/par health										
Breast milk is all the food a baby needs for the first six months. You can get advice, help and support from: <ul style="list-style-type: none"> - Your health care provider. - Telehealth Ontario's specialized breastfeeding services support line at 1-866-797-0000 or TTY at 1-866-797-0007. - Bilingual Online Ontario Breastfeeding Services directory at www.ontariobreastfeeds.ca. 										
2016										

To download this chart, go to: www.beststart.org/resources/breastfeeding/pdf/magneng.pdf

Usually breastfeeding problems can be fixed with good help.

How can I breastfeed a sleepy baby?

Most babies will wake up when they are hungry. But sometimes a newborn baby can be too sleepy. If your baby is sleeping for more than three hours, in the first week or two you might need to wake her up to feed. If you cannot wake your baby for a feeding, you need to get medical attention.

Here are some ideas you might try:

- Undress her. Take off your top so she can lie against your chest with her skin against your skin.
- Watch for signs that she is hungry. If she puts her hands to her mouth or moves her head from side to side, she might be ready to feed.
- Change her diaper.
- Rub her back and legs.
- Talk to her.
- Express some of your milk on your nipple, so she can smell it.



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“For the first two weeks, Mackenzie slept a lot. I would undress her and change her diapers to wake her up, and then she would feed. Now that she is older, she wakes up on her own.”

How do I calm down my baby when he is crying a lot?

All babies cry. Some babies cry more than others. It can be hard if you are the mother of a baby who cries a lot. Ask for help if you feel very upset or frustrated.

Every baby is different, but here are some things that might help:

- Undress him and put him against your bare skin.
- Try feeding him again even if he only fed a short time ago.
- Try to respond to your baby quickly if he starts to cry. It is harder to calm a baby if he has been crying for a long time.
- Hold your baby against your chest or your shoulder and walk around with him, or rock in a rocking chair.
- Try burping him.
- Talk to him, sing to him, or say “shhhh.”
- Change his diapers if they are wet or poopy.
- Use a baby carrier or wrap while you go for a walk.



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“My baby is so much happier when she is close to me.”



How can I express milk by hand?

Many mothers find these steps work to hand-express milk:

- Wash your hands.
- Rub your breasts from the top to the nipple. Roll the nipple between your fingers.
- Hold one breast with your hand, not too close to the nipple. Put your thumb on top and your fingers on the bottom.
- Press your thumb and fingers together and at the same time, push back towards your chest.
- Relax your thumb and fingers and then do it again. It can take a little time for the milk to start flowing. Are you seeing some drops of milk? Great! You can use a spoon or a small, clean container to catch the milk.
- When no more milk is coming out, move your fingers and thumb a little bit and repeat.
- Hand-expressing can be useful later on.

You can feed your baby the milk you get using a spoon or a cup. Even if your baby is not able to feed yet, expressing your milk means you will make more. The milk can be stored in the fridge or frozen for you to use when your baby is ready. Refer to *Expressing and Storing Breastmilk* fact sheet for more information at www.beststart.org/resources/breastfeeding/Expressing_Fact%20Sheets_Eng_rev2.pdf



press (back toward your chest)



compress



relax

Are there other ways to give my milk to my baby?



- Yes. If you are not available or your baby is unable to breastfeed you can give your milk to your baby with a spoon or small cup.
- In the first two or three days, hand expressing usually gives more milk than using a pump.
- Get advice from a qualified breastfeeding professional about other ways to give your baby your milk.
- Remember, breastfeeding is the best way for early milk (colostrum) to be removed from your breast and for your milk production to be stimulated.

Keep on Breastfeeding!

How often will my baby feed?

Breastfeeding babies need to eat often. Newborns will need to eat eight or more times a day. Some eat more than 12 times a day. That's normal.

Sometimes mothers expect babies to eat on a schedule, but it is important to feed your baby whenever he or she is hungry.

Frequent feedings don't mean that you don't have enough milk, or that your milk is not good enough.

Some babies will have three or four feedings close together and then rest for a longer time. This is normal, too. Often they will have the close-together feedings in the evening.



As your baby grows, she will have days when she feeds more often than usual. This is how she tells your body to make more milk for her. Usually she will feed less often after a day or two.

Sometimes mothers try to get their baby to go longer between feedings by using a soother or pacifier. This can be a problem because the baby might not get enough to eat, and your breasts will start making less milk. Many babies never use a pacifier. Talk to your health care provider if you are thinking of giving your baby a pacifier.

Why does my baby spit up milk sometimes?

Some babies spit up once in a while, and some babies spit up after every feeding. This is normal. Usually it is just because the baby took a bit too much milk.

How can I get enough sleep?

- If you find it helpful, sleep or rest when your baby sleeps during the day.
- Allow yourself to extend your usual nighttime sleep. For example, in the evening after feeding your baby, if he falls asleep at 8pm and you feel like you could fall asleep, go to bed even though it seems early. Also, if after the morning feeding your baby goes back to sleep and you feel like you could sleep more, go back to sleep for a while.



- Keep your baby close to you at night so that you can respond as soon as he starts to wake up and you don't have to go to another room to get him. Place the crib, cradle or bassinet next to your bed for at least the first six months of life.
- It is ok to breastfeed a full term baby where you sleep. This can make breastfeeding easier and help you respond faster to your baby's cues for feeding and comfort.
- When you are ready to go to sleep, return your baby to his crib, cradle or bassinet. It is the safest place for your baby to sleep.
- If you keep diapers and wipes by your bed, you can change him (if needed) without going anywhere.
- Consider asking your partner or family member to watch your baby so you can nap. They can bring your baby to you to breastfeed. Afterwards, they could take him for diaper-changing or burping while you go back to sleep.

Expect to sleep two to four hours at a time in the first few weeks.

If you feel anxious, more worried than usual, less interested for more than two weeks, talk to your health care provider.

You can find more information about sleep on page 26 under *Healthy and Safe Sleep*.

Can I breastfeed in public places like the mall, the bus or a restaurant?

Yes! You can breastfeed anywhere. You don't have to use a cover-up or a blanket if you don't want to. Nobody should tell you to go to the bathroom or another place to breastfeed.

Some mothers do feel shy about breastfeeding in public. These ideas might make it easier:

- Wear a jacket or sweater over a loose top. You can pull the top up to breastfeed and the jacket will help cover you and your baby.
- If you have a shirt that buttons up the front, you can unbutton it from the bottom. That will keep you more covered.



"If we go out to the park, I don't have to worry about keeping bottles cool. I can just breastfeed. It's so easy."

"Why would Chantal breastfeed in the bathroom? Would you eat lunch in the bathroom?"



"I breastfeed him on the way to daycare. Then he is full and happy when I leave him."

How long should I breastfeed?

You can breastfeed as long as you and your baby want to. You do not need to stop unless you want to. There is no age when a baby is too old.

Health experts recommend just breastfeeding for six months and then continuing with breastfeeding and adding other foods for at least two years. This will help your baby stay healthy and develop normally.

"I think he needs my milk now more than ever. It helps keep him healthy when many of the kids at his daycare are sick."



"I plan to breastfeed Olivia as long as I can."

At six months, your baby can start on solid foods as well as breastfeeding.



"Now that he is bigger, I can help feed him. But he still likes his mama's milk."

Other questions that I have about breastfeeding:

You need help if:

- Your nipples or breasts hurt.
- You have a fever or feel sick.
- Your baby is not having at least three poopy diapers a day after the first four days.
- Your baby is not having at least six heavy wet diapers after day five.
- Your baby is having black poops after he is four days old.
- Your baby is very sleepy and always has to be woken up to eat.
- You are thinking about weaning.
- You are feeling worried about breastfeeding.
- You are worried about yourself or your baby for any reason.

Where to get help

- Breastfeeding Hotline – Telehealth Ontario offers 24/7 Breastfeeding advice and support service: 1-866-797-0000
- Bilingual Online Ontario Breastfeeding Services – To help you search for breastfeeding services near you: www.ontariobreastfeeds.ca
- Local public health unit: 1-800-267-8097
www.health.gov.on.ca/en/common/system/services/phu/locations.aspx
- La Leche League Canada – For mother-to-mother breastfeeding support: 1-800-665-4324 www.lllc.ca
- Motherisk: 1-877-FAS-INFO (1-877-327-4636) www.motherisk.org
- To find a Lactation Consultant: <http://connect.ilca.org/main/why-ibclc/falc>

Breastfeeding support services such as drop-ins, clinics, or groups in my community that I will go to within one week of coming home:

Friends and family I can call:

Online Resources

Breastfeeding

- Breastfeeding Matters: An Important Guide to Breastfeeding for Women and their Families www.beststart.org/resources/breastfeeding/breastfeeding_matters_EN_LR.pdf
- Breastfeeding for the Health and Future of Our Nation www.beststart.org/resources/breastfeeding/BFHFN_sept26.pdf
- Breastfeeding Your Baby – Magnet (guidelines for nursing mothers) www.beststart.org/resources/breastfeeding/pdf/magneng.pdf
- Breastfeeding Information for Parents www.breastfeedinginfoforparents.ca

Breastfeeding Videos:

- BreastFeeding Inc www.breastfeedinginc.ca/content.php?pagename=online-info
- Breastfeeding Instructional Videos www.peelregion.ca/health/family-health/breastfeeding/resources/video/index.htm

Breastfeeding apps:

- Breastfeeding Solutions www.nancymohrbacher.com/app-support/
- WYNI – Breastfeeding Information <https://itunes.apple.com/us/app/wyni-breastfeeding-information/id955007811?mt=8>
<https://play.google.com/store/apps/details?id=org.wechu.wyni>
- Mom and Baby to Be <https://itunes.apple.com/app/mom-and-baby-to-be/id560579312?mt=8>

Healthy and Safe Sleep

- Sleep Well, Sleep Safe – A booklet for parents of infants from 0-12 months and for all who care for infants www.beststart.org/resources/hlthy_chld_dev/pdf/BSRC_Sleep_Well_resource_FNL_LR.pdf
- Canadian Paediatric Society – Caring for Kids www.caringforkids.cps.ca/handouts/healthy_sleep_for_your_baby_and_child
- Public Health Agency of Canada: Safe Sleep www.publichealth.gc.ca/safesleep
- Safe Sleep video www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance_0-2/sids/ss-eng.php

Healthy Nutrition

- EatRight Ontario – Speak with a Registered Dietitian for free: 1-877-510-510-2
www.eatrightontario.ca
- Pregnancy and Breastfeeding
www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/advice-conseil/women-femmes-eng.php

Alcohol and Breastfeeding

- Drug and Alcohol Helpline: 1-800-565-8603
www.drugandalcoholhelpline.ca
- Be Safe: Have an Alcohol-free Pregnancy Brochure
www.beststart.org/resources/alc_reduction/pdf/bs_brochure_lr.pdf
- Bilingual Recipe Cards: Mocktails for Mom
www.beststart.org/resources/alc_reduction/LCBO_recipe_cards_bro.pdf
- Brochure: Mixing Alcohol and Breastfeeding
www.beststart.org/resources/alc_reduction/breastfeed_and_alcohol_bro_A21E.pdf
- Aboriginal Pregnancy and Alcohol – Brochure
www.beststart.org/resources/alc_reduction/FASD_Brochure_A20A.pdf

Smoking Cessation

- Smoker's Helpline – offers specialized services for pregnant women -1-877-513-3333
www.smokershelpline.ca
- STARSS: Resources for Women
www.aware.on.ca/resources/resources-women
- Couples and Smoking- What You Need to Know When You are Pregnant
www.thiswaytoahealthybaby.com/wp-content/uploads/2013/01/CouplesAndSmoking1-2010-UBC.pdf
- The Healthy Pregnancy Guide – Smoking and Pregnancy
www.phac-aspc.gc.ca/hp-gs/guide/05_sp-tg-eng.php
- Pregnets – offering information, resources and support to pregnant and postpartum women
www.pregnets.org

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