

Community Supports – Breastfeeding

Are there any concerns with...

Pain: sore nipples, breast pain, blocked ducts, engorgement
Feedings: long, cluster, constant, "gassy", distressed, brief, ineffective
Baby: sleepy, unsatisfied, crying, colicky, weight loss, dehydration, jaundice, not latching, not maintaining latch, pulling at breast

No Concerns



Telephone

Health Action Line, Public Health Nurse, Mon to Fri, 8:30-4:30
1-800-660-5853

Telehealth, Free access to a Registered Nurse — 24 Hours a day, 7 days a Week
1-866-797-0000

No Cost Support

Healthy Babies Healthy Children (HBHC)
Home visits and support from Public Health Nurses for breastfeeding and other aspects affecting a child's healthy development
1-800-660-5853

Fee for Service

Maternity Wards
• **Almonte General**
613-256-2500
• **Brockville General**
613-345-5645
• **Cornwall Community**
613-938-4240
• **Kingston General**
613-549-6666
• **Ottawa Hospital Civic Campus**
613-722-7000
• **Ottawa Hospital General Campus**
613-798-5555
• **Perth & Smiths Falls District Hospital**
613-283-2330
• **Queensway Carleton**
613-721-2000
• **Winchester District Hospital**
613-774-2420

Janet Allingham, RN, BScN, IBCLC, MA (Home visits in Kemptville, Smiths Falls, and Leeds & Grenville)
613-293-7405
janet.allingham@gmail.com

Barb Belohoubek RN, BScN, IBCLC Susan Nolan, RN, MScN, IBCLC Birthcare, www.birthcare.ca (Birthcare will go as far as Almonte, Ashton and Carleton Place for home consultations, but not as far as Smiths Falls)
613-739-7370

Gisele Gobiel
ABC Soutien Perinatal Support
egobiel@bell.net (Home visits for lactation consultation in Lanark)
Genia Stephen, RM, IBCLC
613-345-6608

Groups

Baby Talk (1-800-660-5853)
• **Almonte Public Library**, Thursdays, 10:00-11:30
• **Brockville OEC**
166 Pearl St. E.
Tuesdays, 1:30-3:00
• **Carleton Place Daycare**
3 Francis St.
Wednesdays, 1:30-3:00
• **Gananoque OEC**
375 William St.
Thursdays, 1:30-3:00
• **Kemptville OEC**
33 Clothier St.
Wednesdays, 1:30-3:00
• **Smiths Falls OEC**
91 Cornelia St. W.
Mondays, 1:00-2:30
• **Perth Public Library**
30 Herriott St.
Tuesdays, 10:00-11:30
• **Prescott OEC**
490 Jessup St.
Thursdays, 1:30-3:00

Breastfeeding Buddies
Country Roads CHC, Portland
4319 Cove Rd at Hwy 15
info@crhc.ca
613-272-3302

Generations Midwifery Care
207-51 King St E, Brockville
613-345-6608

Pump Rentals

LG&L District Health Unit
must meet criteria
• commit to PHN f/u
• mom & baby separated
• increase milk supply
1-800-660-5853

Kingston
• **Medical Arts Pharmacy**
613-549-8698
• **Shopper's Drug Mart**
613-531-4104

Kemptville
• **Louise & Company**
613-258-0222

Ottawa
• **Fallowfield Pharmasave**
613-823-3500
• **Belly Laughs, Kanata**
613-963-0711
• **BirthCare, Carp & Kanata**
613-739-7370

Herb Remedies/Rx

Herbal Supplements:
Blessed Thistle, Fenugreek, Grapefruit seed extract & probiotics

Brockville
• **GNC**
613-345-1129
• **New Horizon**
613-342-6505

Carleton Place
• **Granary Inc.**
613-257-5986

Kemptville
• **Nature's Way**
613-258-7772

Ottawa
• **Fallowfield Pharmasave**
613-823-3500
APNO onsite
Perth
• **Foodsmiths**
1-877-366-3437

Smiths Falls
• **Modern Thymes**
613-283-3612
• **New Global**
613-284-0076

Online orders
• **National Nutrition.ca**

Rx
Contact health care provider for Rx for antibiotics, all purpose nipple ointment, domperidone & fluconazole.

Recommended

Community Support
Health Action Line Public Health Nurse Mon to Fri, 8:30-4:30
1-800-660-5853

Baby Talk Groups
(see Groups)

Dr. Jack Newman, MD, FRCPC
drjacknewman@sympatico.ca
416-813-5757

La Leche League
www.lalecheleague.org
1-800-665-4324
Free app from iTunes for iPod, iPhone or iPad



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