

Breastfeeding Support in Hamilton

La Leche League Canada

1-800-665-4324

- Monthly meetings provide mother to mother breastfeeding support
- During informal discussions at meetings, mothers have access to accurate, up to date and personalized breastfeeding information
- 24hr. telephone support also provided
- Pregnant and breastfeeding mothers welcome

www.lllc.ca

Public Health Breastfeeding Clinic

905-546-3550

- In person breastfeeding support from a Lactation Consultant
- By appointment

Health Connections

905-546-3550

- Monday to Friday - 8:30am - 4:30pm
- Talk to a Public Health Nurse about breastfeeding or ask to speak to the Lactation Consultant on call.

St. Joseph's Healthcare Hamilton

905-522-1155 ext.

Breastfeeding & Newborn Assessment Clinic (BANA)

33485

- Seven days a week
- For women who have delivered at St. Joseph's Healthcare Hamilton
- By appointment

Hamilton Health Sciences - McMaster Site

905-521-2100 ext.

Newborn Assessment Post-Discharge Clinic (NAP)

76347

- Seven days a week - 8:30am - 12:00pm
- For women who have delivered at Hamilton Health Sciences
- By appointment

Joseph Brant Hospital Breastfeeding Clinic

905-681-4840

- Monday - Saturday - 10:00am - 1:00pm
- For women who have delivered at Joseph Brant
- By appointment

Telehealth Ontario - Breastfeeding Support

1-866-797-0000

- Talk to a Registered Nurse with training in breastfeeding and lactation support
 - Seven days a week, 24 hours a day
 - Service provided in English and French. Interpreters available for other languages.
- TTY: 1-866-797-0007

The Hamilton Breastfeeding Coalition is a group of local organizations, agencies and parents that are working together to help improve breastfeeding outcomes in our community.



Hamilton
Breastfeeding
Coalition

When To Get Help

Baby

Ask for help when:

- Your baby does not want to eat - refuses 2 feedings in a row
- Your baby does not wake, cry or fuss to be fed after 6 hours
- Your baby cries a lot and is not sleeping between most feedings
- Your baby does not have the expected number of wet diapers and stools for his/her age
- Your baby is very sleepy when feeding and does not drink
- Your baby does not breastfeed at least 8 times in 24 hours

Mother

Ask for help when:

- You are feeling worried or concerned and want to talk to someone
- Breastfeeding is painful or your nipples are red, cracked or blistered
- You have itching or a rash on your nipple or areola
- You have a lump on your breast that does not go away with massage after 24 hours
- You have fever, or flu-like symptoms
- Your breasts are full and sore



Example of a Good Latch

Helpful Websites

Regional Lactation Committee	www.breastfeedinghelphamilton.ca
La Leche League Canada	www.lllc.ca
City of Hamilton Public Health Services	www.hamilton.ca/breastfeeding
Stanford University	www.newborns.stanford.edu/Breastfeeding
Newman Breastfeeding Clinic & Institute	www.ncbi.ca