



Breastfeeding Support in Dufferin County

Breastmilk is the natural food for babies. It contains everything your baby needs. Health Canada recommends feeding your baby only breastmilk for the first six months. At six months, begin to introduce solid foods and continue breastfeeding for up to two years and beyond. The following free services can help you breastfeed as long as you and your baby want.

	What's Available	How To Participate
Public Health	<p>Drop-in Breastfeeding Clinics Public health nurses are available to answer your breastfeeding questions, help get you started, support you through challenges, and encourage you to continue to breastfeed your baby. For more information visit www.wdgpUBLICHEALTH.ca.</p>	<p>Orangeville: Public Health Office, 180 Broadway Tuesdays and Thursdays: 1 – 3:30 p.m.</p> <p>Shelburne: Mel Lloyd Centre, 167 Centre Street, Lower Level Monday 1:30 – 3 p.m.</p>
	<p>KIDS LINE Telephone Support: 1-800-265-7293 ext. 3616 Public health nurses are available to answer your questions by phone. For more information visit www.wdgpUBLICHEALTH.ca.</p>	<p>Call Monday – Friday: 9:00 a.m. – 4:00 p.m.</p>
La Leche League	<p>Drop-in La Leche League Canada – Orangeville Group Accredited La Leche League leaders offer mother-to-mother breastfeeding information, encouragement and support. Telephone support and group meetings are available. Visit www.lllc.ca for more information.</p>	<p>Covenant Alliance Church 3 Zina Street, Orangeville First Thursday of each month 10 a.m. Contact Erin at 519-943-0703</p>
Guelph Community Health Centre	<p>Women Everywhere Breastfeed (WE) Telephone Support: 519-821-6638 ext. 250 Trained mothers who have breastfed their children offer telephone support (available in different languages). Call to be matched with a volunteer.</p>	<p>Call Monday – Friday: 9 a.m. – 5 p.m.</p>
For other regions:	<p>Peel Public Health 905-799-7700 Caledon residents call 905-584-2216 (toll free)</p> <p>Simcoe Muskoka District Health Unit 705-721-7520 or 1-877-721-7520 (toll free)</p>	<p>Grey Bruce Health Unit 519-376-9420 or 1-800-263-3456 (toll free)</p>

IMPORTANT

Contact your healthcare provider today, or call Telehealth at 1-866-797-0000, if:

- Your baby is very sleepy and is hard to wake for feedings.
- Your baby is crying and will not settle after feedings.
- Your baby does not have enough wet and dirty diapers.
- You have a concern or feel that something is not right with your baby.
- Your nipples are sore and are not getting better.
- You have a fever, chills, flu-like symptoms, or a red and painful area on your breast.

Additional Sources of Breastfeeding Information

- **Doctors' Breastfeeding Clinic**
A referral is recommended but not required. Patients can usually be seen within 24 to 48 hours. Call 1-888-807-0650 for an appointment. Located at 1C Conestoga Drive, Suite 300, Brampton. <http://www.drbc.net/>
- **Information about Breastfeeding and Medication, Drugs, and Alcohol - Motherisk**
Visit www.motherisk.org or call 416-813-6780 Monday-Friday from 9 a.m. - 5 p.m. for information and support.
- **Telehealth Ontario: 1-866-797-0000**
Call this free, confidential telephone service for health advice from a registered nurse with training in breastfeeding and lactation support. Available 24 hours a day, 7 days a week.

Breast Pump Rentals

The locations listed below rent breast pumps. For pricing and availability, call each location directly.

- **Shoppers Drug Mart** 519-941-2900
Townline and Broadway, Orangeville
- **Ontario Home Oxygen and Health** 519-941-1127
170 Lakeview Court, Orangeville
- **Robin Berger Lactation Consultant** 519-928-5416
robin.berger@rocketmail.com

Fee-for-Service Breastfeeding Services

- **International Breastfeeding Centre/Newman Breastfeeding Clinic (Toronto)**
Call 1-416-498-0002 or visit www.nbci.ca to book an appointment (breastfeeding videos and information sheets also available on website).
- **Robin Berger Lactation Consultant (Orangeville)**
375 Hansen Blvd, Orangeville
Drop-in Wednesday afternoons from 1 – 4 p.m.
Or call 519-928-5416 for a private appointment.

This resource was created by Wellington-Dufferin-Guelph Public Health in partnership with Headwaters Health Care Centre.

