



Breastfeeding Support in Wellington 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>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>Mt. Forest Drop-in Clinic: Tuesdays 1 – 3 p.m. Public Health Office, 311 Foster Street</p> <p>Palmerston Clinic by Appointment: Thursdays 2 – 4 p.m. Palmerston and District Hospital, 500 Whites Road Call 519-343-2030 ext. 4230 to book an appointment.</p> <p>Fergus Clinic by Appointment: Wednesdays 1 – 4 p.m. Public Health Office, 474 Wellington Road 18, Suite 100 Call 1-800-265-7293 ext. 3616 to book an appointment.</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 a.m. – 4 p.m.</p>
La Leche League	<p>Drop-in La Leche League Canada Accredited La Leche League leaders offer mother-to-mother breastfeeding information, encouragement, and support.</p>	<p>Telephone support and group meetings are available.</p> <p>Visit www.lllc.ca for more information.</p>
Upper Grand Family Health Team	<p>Breastfeeding Café – Peer-to-Peer Support Moms, Babies, and Pregnant Women</p>	<p>Drop-in Program: Fridays from 1:30 – 3:30 p.m. Upper Grand Family Health Team 753 Tower St. S., Fergus N1M 2R2 519-843-3947</p>
Guelph Community Health Centre	<p>Women Everywhere (WE) Breastfeed Telephone Support: 519-821-6638 ext. 250 Trained mothers who have breastfed offer telephone support in different languages. Call to be matched with a volunteer.</p>	<p>Call Monday-Friday, 9 a.m. – 5 p.m.</p>

IMPORTANT

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

- Your baby is very sleepy and 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

- **Speciality Pediatric and Lactation Clinic**
For a referral to Pediatrician Dr. Mantynen and Nurse Practitioner and Lactation Consultant Tara Boyes contact your doctor or midwife. Located in the Zehrs Superstore at 200 Franklin Blvd., Cambridge, 519-620-3600.
- **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**
A free, confidential telephone service you can call for health advice from a registered nurse. Available 24 hours a day, 7 days a week.

Breast Pump Rentals:

- **Suelaine Poot** 519-343-3745
Suelaine rents hospital grade pumps and equipment.
RR #2 Palmerston
- **The Prescription Shoppe** 519-343-3912
261 Main St. W., Palmerston, ON N0G 2P0
- **Target Pharmacy (Fergus)** 519-787-9460
900 Tower St. S.
- **Big Monkey/Little Monkey** 519-787-1220
209 St. Andrew St. E., Fergus

Fee-for-Service Breastfeeding Services

- **International Breastfeeding Centre/Newman Breastfeeding Clinic (Toronto)**
Call 416-498-0002 or visit www.nbci.ca to book an appointment (breastfeeding videos and information sheets also available on website).
- **Cecily Heslitt, Private Lactation Consultant in Fergus and Elora**
Call 519-993-7517.