

Region of Peel Health Website Breastfeeding

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ID 1.0: Breastfeeding Homepage

Site map ID number:	1.0
Section	Breastfeeding in Peel
Subsection:	N/A
Page:	Homepage
Secondary navigation:	ID 2.0: <i>The "How Tos"</i> ; ID 3.0: <i>Services in Peel</i> ; ID 4.0: <i>Resources</i> ; ID 5.0: <i>Information for Health Professionals</i> ; ID 6.0: <i>Contact us</i>
Internal Links	"how tos" of breastfeeding - ID 3.0: Services in Peel list of numbers and services in Peel - ID 4.0: Resources resources for health professionals - ID 5.0: Info For Health Professionals

Breastfeeding in Peel

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The Region of Peel supports mothers who are breastfeeding. In fact, mothers are protected **by law** to breastfeed their children anytime, anywhere, including when they return to work or school.

We encourage mothers to breastfeed their children for two years, as the health benefits are so good for the baby **and** the mother.

Why it's best for babies:

- Provides nourishing food that is always fresh and ready
- Helps to prevent constipation
- Increases protection against illnesses like childhood diabetes
- Increases protection against ear, chest and stomach infections
- If there's a family history of allergies, it helps to protect against them
- It may increase protection against Sudden Infant Death Syndrome (crib death)
- Helps to promote proper jaw and teeth development
- May help to promote better brain development.

Why it's best for mothers:

- Promotes touching and bonding with the baby
- Helps the uterus to return to its normal size after birth
- Helps to control bleeding after birth
- Helps to protect against breast cancer and ovarian cancer
- Helps keep bones strong
- Helps use up the extra fat gained during pregnancy
- Saves money — formula is expensive
- Saves time — there is no need to prepare formula and bottles
- Does not produce any garbage — there are no formula and bottle packages to throw out.

On this website, we offer new mothers information and help with the "[how tos](#)" of breastfeeding. We've compiled a [list of numbers and services in Peel](#), as well as an [extended resource area](#) if you need more information on breastfeeding and infant care. The site offers [resources for health professionals](#) as well.

If you have any other questions or concerns, please call Health Line Peel at (905) 799-7700.

ID 2.0: The "How Tos" of Breastfeeding

Site map ID number:	2.0
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Secondary navigation:	ID 2.1: <i>Learning to breastfeed</i> ; ID 2.2: <i>Breastfeeding positions</i> ; ID 2.3: <i>How to tell if baby is feeding well</i> ; ID 2.4: <i>Caring for your breasts</i> ; ID 2.5: <i>Expressing breast milk</i> ; ID 2.6: <i>Storing breast milk</i> ; ID 2.7: <i>Thawing breast milk</i> ; ID 2.8: <i>FAQ</i> .
Internal Links	contact numbers - ID 3.0: Services in Peel

The "How Tos" of Breastfeeding

Breastfeeding: Nothing Compares To It!

It's the most natural thing in the world. A mother's breast milk provides her baby with all the nourishment it needs in those critical early months of development. And breastfeeding helps the mother as well — both physically and emotionally.

But breastfeeding is a skill and may take time to learn. There's no shame in asking for help if you feel you're having trouble feeding your newborn. This website offers information to help you and your baby get started. The links below will guide you through this wonderful experience.

[Learning to breastfeed](#)
[Breastfeeding positions](#)
[How to tell if baby is feeding well](#)
[Caring for your breasts](#)
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If you have any questions, call Health Line Peel at (905) 799-7700. We've also supplied a list of [contact numbers](#) in the region that will put you in touch with professionals who are there to help and support you.

ID 2.1: Learning to Breastfeed

Site map ID number:	2.1
Section	Breastfeeding in Peel
Subsection:	The "How Tos" of Breastfeeding
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Tertiary navigation:	N/A
Internal Links	Breastfeeding Positions - ID 2.2: positions resource area - ID 4.0: resources (phone numbers) Breastfeeding FAQ - ID 2.8: FAQ

Learning to Breastfeed

- [IMAGE] **Step 1.**
- Get comfortable and find a position that works well for you. Refer to the section on "[Breastfeeding Positions](#)" if you need some help.
- [IMAGE] **Step 2.**
- Hold your breast in your hand by placing your thumb on the top and your fingers below the breast.
- [IMAGE] **Step 3.**
- Stroke your baby's lips with your nipple. Wait until the baby's mouth is wide open like a yawn...
- [IMAGE] **Step 4.**
- ... then pull your baby to your breast. Its mouth should cover most of the dark area around the nipple, about 1 to 1-1/2 inches of it.
- [IMAGE] **Step 5.**
- Your baby is "latched" or placed onto your breast properly if you:
- **See** its mouth opened wide
 - **See** the baby's lips curled out
 - **See** its chin pressed into your breast.
- [IMAGE] **Step 6.**
- If your baby falls asleep after a few minutes, squeeze your breast to help the milk to flow — but don't squeeze so hard that it hurts! This will help the baby to start sucking again.
- [IMAGE] **Step 7.**

If your baby stops feeding or seems uninterested in sucking, connect with it in another way. Engage the baby by tickling its ears, chin and feet. Or break up the feeding time by taking the baby's clothes off or changing its diaper. Chances are the baby will be ready to continue feeding.

Step 8.

[IMAGE]

If you want to take the baby off your breast, gently slip your finger into its mouth just between the gums to break the suction.

Step 9.

[IMAGE]

When your baby no longer has strong "deep and slow" sucks and your breast feels softer, offer the second breast. Don't force a big feeding with the second breast, though, as the baby may only need a small amount of milk from it.

At the next feeding, offer the breast that the baby fed on last. This is often the breast that will feel the fullest.

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Tips to Help Breastfeeding:

- **Breastfeed as soon as possible after birth.** Your baby is in an eager learning mode in the first two hours after birth as it is wide-awake and highly alert. This is the best time to get your baby used to you and to breastfeeding. By breastfeeding early, you'll also produce more milk.
- **Get help breastfeeding.** In the hospital, ask the nurse to help you put your baby onto your breast. Don't be afraid to ask for help right away if you're having any difficulties breastfeeding. We've included a [resource area](#) on this website where you can find some places that can help you when you're home.
- **Breastfeed often.** In the first month, most babies will breastfeed at least eight times a day. This can be every 1-1/2 to 3 hours. It's common for babies to have many feedings in a short period, and then sleep longer between feeds at other times. There are no set times to feed your baby. Always feed your baby when it shows signs of hunger (see "[Breastfeeding FAQ.](#)")
- **Don't give your baby soothers or bottles.** If you decide to use these, it's best to wait until your baby has learned to breastfeed. This often happens by 4-6 weeks. Giving your baby a soother or bottle too early can cause it to have problems latching onto your breast and could make breastfeeding painful for you.
- **Give your baby only breast milk.** No extra drinks or foods are needed for a healthy baby in the first 6 months of life. Supplements before this time will slow down your milk supply and may affect your baby's health (for instance your baby may develop an increased risk for allergies.)

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ID 2.2: Breastfeeding Positions

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Subsection:	The "How Tos" of Breastfeeding
Page:	Breastfeeding Positions
Tertiary navigation:	N/A
Internal Links	N/A

Breastfeeding Positions

Cross Cradle Position

[IMAGE]

This position works well:

- if you are learning to breastfeed
- if you have a small baby.

Football Position

[IMAGE]

This position works well:

- if you are learning to breastfeed
- if you have a small baby
- if you have large breasts
- if you have flat or sore nipples
- if you had a caesarean birth.

[IMAGE]

Cradle Position

This position works well if you are comfortable breastfeeding.

Side-Lying Position

[IMAGE]

This position works well:

- if you find it too painful to sit
- if you want to rest when you breastfeed
- if you have large breasts
- if you had a caesarean birth.

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Try all the positions and see which one works best for you and your baby. For each breastfeeding position, **just make sure that:**

- Your back and arms are well supported. A pillow behind your back and under your arms will help.
- Your baby's head and body are raised up to your chest. A pillow under your baby will help.
- Your baby's chest is facing and touching your chest. Place your baby on his/her side **except in the football position**. For the football position, place your baby on his/her back or slightly turned to the breast.
- Your baby's mouth is facing your nipple. **Bring the baby to you** rather than leaning over or pushing your nipple into your baby's mouth.

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ID 2.3: How to tell if baby is feeding well

Site map ID number:	2.3
Section	Breastfeeding in Peel
Subsection:	The "How Tos" of Breastfeeding
Page:	How to tell if baby is feeding well
Tertiary navigation:	N/A
Anchored Links	<ul style="list-style-type: none">• Deep and Slow Sucks• Wet Diapers and Stools• Weight Gain• Other Signs
Internal Links	N/A

How to tell if baby is feeding well

- [Deep and Slow Sucks](#)
- [Wet Diapers and Stools](#)
- [Weight Gain](#)
- [Other Signs](#)

1. Deep and Slow Sucks

At the start of the feed, your baby will take shallow and quick sucks. As your milk starts to flow, the sucks will become deeper and slower. There will be a pause during the suck when your baby's mouth opens the widest. Don't be alarmed, your baby is swallowing or actually drinking the milk during this pause. In every feed, there should be at least 10-20 minutes in total of this "deep and slow" type of suck.

During this phase of feeding, you can:

- **feel** your breast being pulled with no pain
- **hear** your baby swallowing.

[IMAGE] Mouth opening

[IMAGE] A pause when the baby's mouth is opened the widest. The baby is drinking milk during this pause.

[IMAGE] Mouth closing

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2. Wet Diapers and Stools

Baby's Age	Wet Diapers Each Day	Stools Each Day
1 day old	At least 1 wet diaper (a wet diaper feels like at least 2 tablespoons or 30 ml. of water poured on a dry diaper)	At least 1-2 sticky dark green/black stools
2 days old	At least 2 wet diapers	At least 1-2 sticky dark green/black stools
3 days old	At least 3 heavy wet diapers (a heavy, wet diaper feels like at least 4-5 tablespoons or 60-75 ml. of water poured on a dry diaper)	At least 2-3 brown/green/yellow stools
4 days old	At least 4 heavy wet diapers	At least 2-3 brown/green/yellow stools
5 days old	At least 5 heavy wet diapers	At least 2-3 stools, getting more yellow
6 days old and after	At least 6 heavy wet diapers Throughout this period, urine should be clear or a very pale yellow with almost no smell at all.	At least 2-3 brown/green/yellow stools Stools can be soft like toothpaste or seedy and watery. After 1 month, some breastfed babies may have 1 very large yellow stool every 1-7 days. This is normal as long as the stool is soft and the baby is healthy. It's also quite normal for some breastfed babies to have many stools each day.

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3. Weight Gain

- Most babies will lose 5-7% of their birth weight in the first 3-4 days after birth.
- Your baby should then gain at least 4-8 ounces (113-227 grams) a week in the first 3 months
- Your baby should return to its birth weight by 2-3 weeks of age.

The baby should continue to gain at least 3-5 ounces (85-142 grams) a week between 4-6 months of age.

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4. Other Good Signs

- Your baby has a loud cry and is comfortably active.
- Your baby's mouth is wet and pink.
- Your baby's eyes look bright and alert.
- Your baby comes off the breast looking relaxed and sleepy.
- Your breasts feel softer and not so "bulky" after breastfeeding.

GET HELP RIGHT AWAY IF YOUR BABY IS NOT SHOWING SIGNS THAT HE/SHE IS BREASTFEEDING WELL.

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ID 2.4: Caring For Your Breasts

Site map ID number:	2.4
Section	Breastfeeding in Peel
Subsection:	The "How Tos" of Breastfeeding
Page:	Caring For Your Breasts
Tertiary navigation:	N/A
Anchored Links	<ul style="list-style-type: none">• General Breast Care• Caring For Breasts That Are Hard• Caring For Nipples That Are Sore
Internal Links	ID 2.5: Expressing Breast Milk ID 4.0: resource section

Caring For Your Breasts

- [General Breast Care](#)
- [Caring For Breasts That Are Hard](#)
- [Caring For Nipples That Are Sore](#)

General Breast Care

- Make sure you wash breasts daily. Try not to use soap on your nipples, especially if they are sore. Soap can dry the nipples, causing them to crack.
- Wear a bra that fits well and isn't too tight. Don't wear an underwire bra.
- After breastfeeding, express some milk onto the nipples and the dark area around them to help protect the skin. Let the milk dry before putting your bra back on.

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Caring For Breasts That Are Hard

If your breasts become hard, your baby may have trouble feeding. Here are some ways to help soften your breasts:

- [IMAGE] Have a warm shower OR...
- [IMAGE] ... massage your breasts for 10-15 minutes with a warm, wet towel...
- [IMAGE] ... then express some breast milk until the area around your nipple feels soft. Refer to the section on "[Expressing Breast Milk](#)" for more help.
- [IMAGE] Then breastfeed your baby. Make sure you breastfeed every 1-1/2 to 3 hours until your breasts are no longer hard.
- [IMAGE] After feeding, place a cold, wet towel on your breasts for comfort. It will help decrease any swelling.

Don't be alarmed, but get help right away if you:

- cannot soften your breasts or are having problems breastfeeding
- have a red and painful area on your breast
- have a fever
- are feeling sick.

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Caring For Nipples That Are Sore

You will probably have some nipple tenderness in the first week after birth. But don't fret — it will feel better every day! Breastfeeding should not be painful, but if you *do* feel nipple pain, try some of these tips:

It could be that your baby isn't in the right position. Make sure that...

[IMAGE]

- the baby's head and body are raised up to your breast
- the baby's chest is facing your chest
- the baby's mouth is facing your nipple.

It could be that your baby isn't latched onto the breast correctly. Make sure that you...

[IMAGE]

- **see** baby's mouth opened wide
- **see** baby's lips curled out
- **see** baby's chin pressed into your breast

[IMAGE]

If you want to take baby off your breast, slip your finger into baby's mouth and between the gums to break the suction.

[IMAGE]

After feeding, try expressing some breast milk onto the nipples and the dark area around them. Let the milk dry before putting your bra back on.

[IMAGE]

You can wear a breast shell under your bra to help protect the sore nipple from rubbing against your bra.

[IMAGE]

Some creams and ointments may help. Ask someone who knows about breastfeeding for more information.

It's best to wait until your baby has learned to breastfeed before giving it a bottle or soother. Wait at least 4-6 weeks.

[IMAGE]

If you've tried all of the above and your nipples are still sore, don't be afraid to ask for some help. We've included a [resource section](#) that can help you with your breastfeeding questions.

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ID 2.5: Expressing Breast Milk

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Section	Breastfeeding in Peel
Subsection:	The "How Tos" of Breastfeeding
Page:	Expressing Breast Milk
Tertiary navigation:	N/A
Anchored Links	<ul style="list-style-type: none">• How To Express Breast Milk By Hand• Types of Pumps
Internal Links	resource section - ID 4.1: Resources - websites

Expressing Breast Milk

You May Need To Express Breast Milk If...

- Your breasts are too hard for your baby to latch onto
- You want to give your baby breast milk when you are away from your baby
- You need to increase your breast milk supply.
- [How To Express Breast Milk By Hand](#)
- [Types of Pumps](#)

How to Express Breast Milk by Hand

[IMAGE]

Step 1.

Wash your hands with soap and water.

[IMAGE]

Step 2.

To help the breast milk flow, massage your breasts for 5-10 minutes with a warm, wet towel

[IMAGE]

Step 3.

If your baby is healthy, use a clean glass or plastic container to express your breast milk into. ("Clean" in this case means that you wash it in hot, soapy water, rinse the container well with hot water and leave it to air dry.)

[IMAGE]

Step 4.

Place your thumb and first two fingers about 1 to 1-½ inches away from the nipple.

[IMAGE]

Step 5.

Push your thumb and two fingers straight back toward your chest.

Step 6.

Roll your thumb and two fingers together.

[IMAGE]

Repeat steps 4, 5 and 6 until the flow of milk slows down, then switch to the other breast.

Switch breasts a few more times whenever the flow of milk slows down. Be sure to move your thumb and two fingers along all areas around the nipple.

Many mothers find it easier to express in the morning when their breasts feel fullest, or after breastfeeding the baby.

You may only get a few drops when you're first learning to express. Expressing breast milk will get easier with practice and soon you'll be quite comfortable doing it.

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Types of Pumps

Electric Pump

[IMAGE]

- This is the best pump to use if you cannot be with your baby right after birth, or if you plan to pump for a long time.
- It can pump both breasts at the same time. This means less time pumping for you.
- While it's more expensive than the others, you can rent this kind of pump. Call your local public health office for places that rent this pump. (See our [resource section](#) for information.)
- Some work insurance plans may pay for the cost of renting the pump.

Battery Operated Pump

[IMAGE]

- A good pump to use if you plan to pump for a short time or only once in a while.
- It can be used with one hand.
- It's easy to carry.
- You will need to replace its batteries often. It's best to buy one that can also be plugged into an electrical outlet.

Manual Hand Pumps

[IMAGE]

- A good pump to use if you plan to pump for a short time or only once in a while.
- Some brands can be used with one hand, but others require two hands.
- It's easy to carry.
- It can tire the hands and wrists so mothers with pain or problems with their arms should not use it.
- This pump is the least expensive of all.

IMPORTANT!

[IMAGE]

Do NOT use a pump with a rubber bulb. The suction of this pump is too strong and can damage your nipples.

Make sure you **FOLLOW THE INSTRUCTIONS THAT COME WITH THE BREAST PUMP.**

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ID 2.6: Storing Breast Milk

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Page:	Storing Breast Milk
Tertiary navigation:	N/A
Anchored Links	N/A
Internal Links	N/A

Storing Breast Milk

Containers For Storing Breast Milk:

- Use glass or hard plastic containers with a tight lid, like jam jars or juice bottles with lids.
- There are special breast milk freezer bags that you can use (find them where you buy your baby products.)
- **Do not use bottle liner bags.** These plastic bags are thinner than the freezer bags and are made for bottle feeding only.

Cleaning The Containers: For healthy babies, wash the containers in hot, soapy water and rinse them well with hot water. Let the containers air dry.

Tips For Storing Breast Milk:

- Store in small portions (2-4 ounces) so there's less chance of wasting the milk.
- Always cool freshly expressed milk before adding it to milk that is already cooled or frozen.
- Try to add smaller amounts of cooled milk to frozen milk.
- Leave a 1-inch space at the top of the container when freezing milk.
- Frozen breast milk that has been thawed can be kept in the fridge for 24 hours.
- **Do not re-freeze breast milk** once it has been thawed.

If your baby is premature or in the hospital, speak to your nurse about storing breast milk and cleaning containers.

Breast milk can be stored these ways:

[IMAGE]

Freezer of a 1 door fridge: 2 weeks

Fridge: 3 days

[IMAGE] **Freezer of a 2-door fridge:** 2-3 months

[IMAGE] **Fridge:** 3 days

[IMAGE] **Deep freezer:** 6 months (-18°C)

IMPORTANT:

- Place containers at the back of the fridge and freezer where the temperature is the coldest.
- Throw out any breast milk if the storage time has passed.

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ID 2.7: Thawing Frozen Breast Milk

Site map ID number:	2.7
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Subsection:	The "How Tos" of Breastfeeding
Page:	Thawing Frozen Breast Milk
Tertiary navigation:	N/A
Anchored Links	N/A
Internal Links	N/A

Thawing Frozen Breast Milk

- [IMAGE] Check the date on the stored breast milk. Always use the container with the earliest storage date first.
- [IMAGE] Thaw the frozen breast milk by leaving it in the fridge for 4 hours OR...
- [IMAGE] ... by running cool water over the container. Once it starts to thaw, run warm water over it until it's completely thawed out.
- [IMAGE] Never leave the milk out to thaw at room temperature.
- [IMAGE] Warm the breast milk by placing the container in a bowl of very warm water.
- [IMAGE] DO NOT HEAT ON STOVE OR IN MICROWAVE.

Feeding Tips:

- Test the temperature of the warmed breast milk on your wrist before feeding it to your baby.
- Many babies take expressed milk well when fed with a cup or spoon.
- Hold your baby when feeding the expressed milk.
- Make feedings an enjoyable time for both you and your baby. Talk to your baby and give it lots of laughs and smiles.
- Burp your baby as you go.
- Throw away any breast milk that your baby doesn't consume after each feeding.

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ID 2.7: FAQ

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Internal Links	ID 2.3: How To Tell If Baby Is Feeding Well ID 4.0: Resources

Questions About Breastfeeding

1. When should I take my baby for a check-up after leaving the hospital?

Your baby should have a check-up by a "breastfeeding specialist" 1 to 2 days after leaving the hospital. A breastfeeding specialist can be a nurse, a midwife, a lactation consultant, or a doctor. You should take your baby for a second check-up within 7 days after birth. This check-up should be with your doctor.

2. When will I start to make breast milk? Will I make enough for my baby?

In the first few days, your breasts will produce a special milk in small amounts called "colostrum." After 3 to 5 days, your breasts will feel full and will start producing breast milk. More milk will be produced if your baby breastfeeds often and has a good suck. Most mothers have more than enough breast milk to feed their babies.

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3. What are "growth spurts"?

These are periods when your baby is growing quickly and will need to breastfeed more often. Growth spurts happen at around 3 weeks, 6 weeks, 3 months and 6 months of age. They will often last for a few days. And don't worry — your breasts will make enough milk for your baby during these growth spurts.

4. What are some signs that my baby is hungry?

Your baby may:

- have fast eye movements under the eyelids as he/she begins to wake up to feed
- start making sucking and licking movements with his/her mouth
- put its hands into his/her mouth
- start stretching or squirming
- make small sounds.

Learn your baby's "hungry signs" because it's best to feed your baby before he/she is too upset and crying loudly.

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5. Is it normal for my baby to spit up?

It's common for young babies to spit up after feeding or while they're being burped. This should not be a problem if your baby is showing all the signs that he/she is getting enough milk (see the section "[How To Tell If Baby Is Feeding Well.](#)") Many babies start spitting up less often when they reach 4 to 6 months of age.

6. How long should I breastfeed?

This is a personal choice. The World Health Organization (W.H.O.) recommends giving a baby only breast milk for the first 6 months. The W.H.O. encourages mothers to continue breastfeeding even when they start introducing the baby to solid foods. They suggest that breastfeeding should continue for 2 years or more. Many mothers will breastfeed for longer, others will wean the baby earlier. There is no "right time" to stop breastfeeding.

7. Should I give my baby vitamins?

The Canadian Pediatric Society recommends giving vitamin D drops to all breastfed babies. Talk to your doctor about this.

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8. Is it safe to breastfeed if I am taking medicine or if I am sick?

In almost all cases, it's safe to continue breastfeeding. Call Motherisk (416-813-6780) or a Breastfeeding Clinic for more information.

9. What should I be eating when I am breastfeeding? Are there foods I should not eat?

Enjoy a variety of foods and follow "Canada's Food Guide to Healthy Eating." You can get a free copy of the food guide by calling your local public health office (see "[Resources.](#)") There are no foods you must stay away from. Some foods may affect the baby, but this is not common. Drink whenever you are thirsty.

10. Where can I find help with breastfeeding?

We have compiled a list of resources for you in the [Resources](#) section of this website.

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ID 3.0: Breastfeeding Services in Peel

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Secondary navigation:	N/A
Internal Links	<ul style="list-style-type: none">• Map links (as per links in documentation)• Flyer – links to a downloadable document (http://www.peelregion.ca/trish/Pamphlets/Are you Interested in creating a.doc)• Resources - ID 4.0: Resources

Breastfeeding Services in Peel

The Region of Peel promotes and supports breastfeeding. It really is the healthiest form of nutrition for babies up to two years old. That's why we offer all the **free services** listed below so that families in the region can get all the information and help they need to nurture their children.

Talk to a Public Health Nurse:

Whether you're a health professional or a parent, you can talk to a Public Health Nurse about any breastfeeding concerns and questions. Call Health Line Peel at (905) 799-7700. This service is available Monday to Friday, 8:30 a.m. to 4:30 p.m.

Breastfeeding Clinics (by Peel Health):

You and your new baby (birth to 6 weeks old) can see a Public Health Nurse for help with breastfeeding. Simply call Health Line Peel (905) 799-7700 **to make an appointment**.

Peel Public Health Breastfeeding Clinics are located at:

- [Brampton \(map\)](#)
- [Malton \(map\)](#)
- [Meadowvale \(map\)](#)

Breastfeeding Mothers' Groups:

- Call Health Line Peel (905) 799-7700 for more details
- Mothers welcome to drop in, **no registration needed**
- Breastfeeding children of all ages are welcome
- Meet other breastfeeding mothers, share your experiences, and speak with a Public Health Nurse in a fun, relaxed atmosphere.
- For locations and times of groups:
 - [North Mississauga \(map\)](#)
 - [South Mississauga \(map\)](#)

- [Brampton \(map\)](#)

Peer Support – Breastfeeding Companions:

This is a telephone support program for breastfeeding mothers. You should register during your pregnancy or shortly after your delivery. Call Health Line Peel (905) 799-7700 to **register**. This services is provided by trained volunteers who have breastfed their children.

Peel Breastfeeding Coalition:

This coalition is open to mothers and members of the community who are interested in supporting breastfeeding in the Region of Peel. And of course, children are welcome at the meetings!

For more information:

Call (905) 791-7800 extension 2662 or 2596

Email peelbreastfeedingcoalition@yahoo.ca

Download our [flyer](#).

There is more breastfeeding information in the [Resources](#) section of this site.

ID 4.0: Resources

Site map ID number:	4.0
Section	Breastfeeding in Peel
Subsection:	Resources
Page:	Resources – landing page
Secondary navigation:	ID 4.0: <i>Phone numbers</i> ID 4.1: <i>Websites</i> ID 4.2: <i>Breastfeeding-friendly places</i> ID 4.3: <i>Printable materials</i> ID 4.4: <i>Books for parents and children</i>
Internal Links	(based on documents sent to me)

Resources – Phone Numbers

Phone Numbers | [Websites](#) | [Breastfeeding-friendly places](#) | [Print Materials](#) | [Books](#)

Information Lines

Breastfeeding Help Line	905-799-7700
Motherisk	416-813-6780
Telehealth Ontario	1-888-797-0000
St. Joseph's Health Centre (post partum depression)	416-530-6850

Breastfeeding Clinics

Peel Public Health Breastfeeding Clinics:

Brampton	905-799-7700
Malton	905-799-7700
Meadowvale	905-799-7700
Halton Health Care Services (Oakville)	905-338-4131
Halton Health Care Services (Milton)	905-878-2383
Joseph Brant Memorial Hospital (Burlington)	905-681-4840
Headwaters Health Care Centre (Orangeville)	519-941-0760
Trillium Health Centre	905-848-7653
Credit Valley Hospital	905-813-3324
William Osler Hospital	
Brampton Campus	905-796-4129
Etobicoke Campus	416-747-3400, ext 2303
Dr. Manson/Dr. Hayward	905-455-3111
Dr. Newman	416-813-5757
drjacknewman@sympatico.ca	

Breastfeeding Support

Peel Breastfeeding Mothers' Groups	905-799-7700
Breastfeeding Companions	905-799-7700

Peel Breastfeeding Coalition
[La Leche League](#)
[Ontario Human Rights Commission](#)

905-799-7700
416-843-3368
1-800-387-9080

Other Public Health Departments

[Halton](#)
[Toronto](#)
[Wellington-Dufferin-Guelph](#) (Orangeville)

905-693-4242
416-338-7600
519-941-076

ID 4.1: Resources - Websites

Site map ID number:	4.1
Section	Breastfeeding in Peel
Subsection:	Resources
Page:	Resources – websites
Secondary navigation:	See ID 4.0
Internal Links	(based on documents sent to me)

Resources – Websites

[Phone Numbers](#) | [Websites](#) | [Breastfeeding-friendly places](#) | [Print Materials](#) | [Books](#)

General Breastfeeding Information and Support

[BFLRC](#)

Bright Future Lactation Resource Centre by Linda Smith, BSE, FACCE, IBCLC.

[Breastfeeding.com](#)

Extensive breastfeeding information, breast pumps and product information, resources and links, and information by Dr. Jack Newman

[Breastfeeding On Line](#)

A website by Cindy Curtis, RN, IBCLC with extensive breastfeeding information and links for parents and professionals; there is also information here from Dr. Jack Newman.

[Dr. Jack Newman](#)

Extensive breastfeeding information for parents and health professionals.

[Gotmom Breastfeeding](#)

A website by the American College of Nurse-Midwives. It provides breastfeeding information and resources for mothers and families. A good resource for the "issues" surrounding breastfeeding and returning to work.

[La Leche League](#)

A website by La Leche League International. It includes extensive breastfeeding information, mother-to-mother support, and breastfeeding products and books.

[Pro Mom](#)

This is a non-profit website that promotes awareness and acceptance of breastfeeding. There's breastfeeding information, articles, and resources for parents and professionals.

[The Birth Den](#)

A website by Carol-Anne Brockington, CD, CCCE.

Breastfeeding and Medications

[Breastfeeding and Medications](#)

A website by Thomas Hale R.Ph. Ph.D. with detailed information on breastfeeding and medications

[Motherisk](#)

A website by the Hospital for Sick Children. It provides evidence-based information about the safety or risk of drugs, chemicals and disease during pregnancy and breastfeeding

[Breastfeeding and Contraception \(Birth Control\)](#)

Information from Peel Public Health about breastfeeding and contraception; includes information about the Lactational Amenorrhea Method.

Other Breastfeeding Websites

[Breastfeeding and Alcohol](#)

A website with information about drinking alcohol while breastfeeding. The research is supplied by Best Start and Motherisk.

[Breastfeeding Adopted Children](#)

A personal website that provides breastfeeding information, support, and resources for adoptive parents.

[Breastfeeding and SIDS](#)

This is Health Canada's site about Sudden Infant Death Syndrome.

[Breastfeeding After Reduction Surgery](#)

A website by Diana West, IBCLC and Lisa Marasco, IBCLC. They provide information and resources about breast reduction surgery and breastfeeding.

[American Academy of Pediatrics](#)

A site by AAP that provides breastfeeding information.

[Breastfeeding and Safe Co-sleeping](#)

A website from the Unicef UK Baby Friendly Initiative that details information about safe co-sleeping.

Breastfeeding Advocacy and Policies

[Baby Milk Action](#)

A website from an international non-profit organization that promotes breastfeeding and prevents inappropriate infant feeding.

[Breastfeeding Canada](#)

A website by the Breastfeeding Committee for Canada. It includes information about the Baby Friendly Hospital Initiative in Canada.

[Canadian Paediatric Society](#)

A site that outlines recommendations for Exclusive Breastfeeding.

[Health Canada](#)

A section of the Health Canada site that deals with the "Recommendations for Exclusive Breastfeeding."

[Infact Canada](#)

A website by the Infant Feeding Action Coalition of Canada. They work to improve the health and well being of infants and young children through the protection, promotion and support of breastfeeding.

[Ontario Human Rights Commission](#)

Information about a woman's right to breastfeed anytime, anywhere, including public places and work.

[World Health Organization](#)

The WHO's policy statement on Exclusive Breastfeeding

[WHO Code](#)

The International Code on the marketing of Breast milk Substitutes (1981).

[World Alliance for Breastfeeding Action](#)

A website with information on promoting and protecting breastfeeding around the world. This information is available in English and many other languages.

ID 4.2: Resources – Breastfeeding-friendly Places

Site map ID number:	4.2
Section	Breastfeeding in Peel
Subsection:	Resources
Page:	Resources – Breastfeeding-friendly Places
Secondary navigation:	See ID 4.0
Internal Links	(based on documents sent to me)

Resources – Breastfeeding-friendly Places

[Phone Numbers](#) | [Websites](#) | Breastfeeding-friendly places | [Print Materials](#) | [Books](#)

You have rights as a nursing mother.

[IMAGE –
Pregnancy and
Breastfeeding:
Your Rights and
Responsibilities]

No one can prevent you from nursing your child simply because you're in a public area. They cannot disturb you or ask you to "cover up." And they certainly can't ask you to move to another area that is more "discreet."

Your right to breastfeed in public places is the law.

For more information on the Ontario Human Rights Code and Breastfeeding in public, visit the Ontario Human Rights Commission's website at www.ohrc.on.ca.

Breastfeeding In Peel

Peel Public Health congratulates the following Public Places for welcoming breastfeeding mothers and their families:

- Parks and Recreation Departments and Libraries in Brampton, Caledon and Mississauga
 - www.city.brampton.on.ca
 - www.town.caledon.on
 - www.mississauga.ca

According to a recent contest held by the Breastfeeding Coalition of Peel, these public places were named as welcoming to mothers:

- Square One and Bramalea City Centre Malls
- Ontario Early Years Centres
- Sears Department Stores

Peel Public Health is working on an ongoing basis to create and promote Breastfeeding Friendly Public Places. One of our current programs is providing a tent for mothers to use at various outdoor festivals around Peel Region. For more information, call Health Line Peel at (905) 799-7700.

And look for this universal symbol that welcomes families in the community:

[IMAGE]

ID 4.3: Resources – Print Materials

Site map ID number:	4.3
Section	Breastfeeding in Peel
Subsection:	Resources
Page:	Resources – Print Materials
Secondary navigation:	See ID 4.0
Anchor Links:	<ul style="list-style-type: none">• materials from Peel Health• materials from other sources
Internal Links	(based on documents sent to me)

Resources – Print Materials

[Phone Numbers](#) | [Websites](#) | [Breastfeeding-friendly places](#) | [Print Materials](#) | [Books](#)

There are all sorts of helpful brochures and pamphlets that will give you more information and visual instruction on breastfeeding. We've compiled a list of [materials from Peel Health](#) and some helpful [materials from other sources](#).

Printable materials from Peel Health

[THUMBNAIL IMAGE]	Breastfeeding Your Baby (booklet)
[THUMBNAIL IMAGE]	Vitamin D and the Breastfed Baby (pamphlet)
[THUMBNAIL IMAGE]	Breastfeeding Mothers Group (flyer)
[THUMBNAIL IMAGE]	Breastfeeding Companion (pamphlet)
[THUMBNAIL IMAGE]	Breastfeeding Services (pamphlet)
[THUMBNAIL IMAGE]	24 HR Cribside Assistance - The New Baby Manual for Dads (booklet)
[THUMBNAIL IMAGE]	Breastfeed Me Please (fact sheet)
[THUMBNAIL IMAGE]	Hand Expressing (information sheet)
[THUMBNAIL IMAGE]	Storing/Thawing Breast Milk (information sheet)

[THUMBNAIL
IMAGE]

Breastfeeding and Physical Activity (pamphlet)

[THUMBNAIL
IMAGE]

Breastfeeding and Contraception (Birth Control) (Pamphlet)

[Back to Top](#)

Printable materials from other sources

[10 Great Reasons to Breastfeed](#)

A pamphlet from Health Canada/Public Health Agency of Canada.

[10 Valuable Tips for Successful Breastfeeding](#)

A pamphlet by Health Canada/Public Health Agency of Canada.

[Breastfeeding and Alcohol](#)

Information about drinking alcohol while breastfeeding; this information package is produced by Best Start and Motherisk.

[Breastfeeding Your Baby](#)

A poster from Best Start.

[Canada's Food Guide](#)

And information sheet by Health Canada/Public Health Agency about healthy eating.

[Peel Breastfeeding Coalition](#)

A flyer from the Peel Breastfeeding Coalition

- peelbreastfeedingcoalition@yahoo.ca

[Pregnancy and Breastfeeding Your Rights and Responsibilities](#)

A pamphlet from the Ontario Human Rights Commission that provides information to pregnant and breastfeeding women about their rights and responsibilities.

[SIDS](#)

A poster from Health Canada/Public Health Agency about Sudden Infant Death Syndrome.

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ID 4.4: Resources – Books

Site map ID number:	4.4
Section	Breastfeeding in Peel
Subsection:	Resources
Page:	Resources – Books
Secondary navigation:	See ID 4.0
Anchor Links:	<ul style="list-style-type: none">• for parents• reading for children
Internal Links	N/A

Resources – Books

[Phone Numbers](#) | [Websites](#) | [Breastfeeding-friendly places](#) | [Print Materials](#) | Books

Here is a list of books that you may find helpful. We've included books on breastfeeding [for parents](#), as well as some fun, informative [reading for children](#).

Books for parents

<i>The Womanly Art of Breastfeeding</i>	Judy Torgus & Gwen Gotsch La Leche League International
<i>The Nursing Mother's Companion</i>	Kathleen Huggins & Ruth A. Lawrence
<i>Dr. Jack Newman's Guide to Breastfeeding</i>	Jack Newman & Teresa Pitman
<i>The New Breastfeeding: Getting Breastfeeding Right For You</i>	Mary Renfrew, Chloe Fisher & Suzanne Arms
<i>Mothering Your Nursing Toddler</i>	Norma Jane Bumgarner
<i>Breastfeeding: Biocultural Perspectives</i>	Patricia Stuart-Macadam & Katherine Dettwyler
<i>How Weaning Happens</i>	Diane Bengson
<i>The Nursing Mother's Guide to Weaning</i>	Kathleen Huggins & Linda Ziedrich
<i>Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond</i>	Hilary Flower & Peggy O'Mara
<i>Mothering Multiples: Breastfeeding and Caring for Twins or More!</i>	Karen Gromada

*Night Time Parenting: How to get
Your Baby and Child to Sleep*

William Sears

Breastfeeding and the Working Mother

Diane Mason & Diane Ingersoll

*The Working Woman's Guide to
Breastfeeding*

Nancy Dana & Anne Price

Nursing Mother, Working Mother

Gayle Pryor

[Back to Top](#)

Books for children

I'm Made of Mama's Milk

Mary Olsen

Contemplating Your Bellybutton

Jun Nanao

Breasts

Genichiro Yagu

Feeding Babies

Chiyoko Nakatani

Happy Birth Day!

Robie H. Harris & Michael Emberly

Maggies' Weaning

Mary Deutschbein

Over the Green Hills

Rachel Isadora

A Teeny Tiny Baby

Amy Schwartz

*Michelle: The Nursing Toddler –
A Story About Sharing Love*

Jane M. Pinczuk

We Like to Nurse

Chia Martin & Shukyo Lin Rainey

The Bests Gifts

Marsha Forchuk Skrypuch

Breastmilk Makes my Tummy Yummy

Cecilia Moen

Will There be a Lap for Me?

Dorothy Corey & Nancy Poydar

The Cuddlers

Stacy Towle-Morgan

We Have a Baby

Cathryn Falwell

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ID 5.0: Information for Health Professionals

Site map ID number:	5.0
Section	Breastfeeding in Peel
Subsection:	Information for Health Professionals
Page:	Information for Health Professionals – landing page
Secondary navigation:	ID 5.0: <i>Clinical information</i> ID 5.1: <i>Breastfeeding and Medication</i> ID 5.2: <i>Statements and Recommendations</i> ID 5.3: <i>Reports</i>
Internal Links	(based on documents sent to me)

Information for Health Professionals – Clinical Info

Clinical Info | [Breastfeeding and Medication](#) | [Statements and Recommendations](#) | [Reports](#)

Clinical Information

[Breastfeeding Guidelines from Peel Public Health](#)

Breastfeeding Guideline for newborns.

[Breastfeeding Guidelines from Best Start](#)

A poster produced by Best Start with guidelines for breastfeeding in the early days/weeks. It has a diagram of correct latch and milk transfer, as well as information on medical reasons for supplementation.

Clinical Information from Dr. Jack Newman MD

[Blocked Ducts and Mastitis](#)

[Candidiasis \(Candida Protocol\)](#)

[Domperidone](#)

[Engorgement \(Cabbage Leaves\)](#)

[Fluconazole](#)

[Gentian Violet](#)

[Is Baby Getting Enough](#)

[Jaundice](#)

[Latching a Baby \(video clips\)](#)

[Medications](#)

[Raynaud's Phenomenon](#)

[Risks of Artificial Feeding \(formula\)](#)

[Slow Weight Gain](#)

[Sore Nipples](#)

[X-rays, MRI, other tests](#)

Recommendations from the Canadian Paediatric Society

[Diarrheal Disease](#)

[Oral Rehydration Therapy](#)

[Growth Charts](#) - Monitoring growth in infants and children
[Growth Charts](#) – A guide for health professionals
[Hyperbilirubinemia Management](#)
[Iron Requirements of Infants and Young Children](#)

ID 5.1: Info for Health Professionals – Breastfeeding and Medication

Site map ID number:	5.1
Section	Breastfeeding in Peel
Subsection:	Information for Health Professionals
Page:	Breastfeeding and Medication
Secondary navigation:	See ID 5.0
Internal Links	(based on documents sent to me)

Information for Health Professionals – Breastfeeding and Medication

[Clinical Info](#) | [Breastfeeding and Medication](#) | [Statements and Recommendations](#) | [Reports](#)

Breastfeeding and Medication

[Breastfeeding Pharmacology](#)

A website by Thomas W. Hale, R.Ph., Ph.D.

[Medications in the Breastfeeding Mother](#)

Information on prescribing medications for breastfeeding women. This comes from the American Family Physician, 2001.

[Motherisk](#)

A website by the Hospital for Sick Children. It provides evidenced-based research on the safety or risk of drugs, chemicals and disease during pregnancy and breastfeeding

Information from Dr. Jack Newman, MD

[All Purpose Nipple Ointment](#)

[Candida Protocol](#)

[Domperidone](#)

[Fluconazole](#)

[Medications and Scans](#)

[Raynaud 's Phenomenon](#)

Information on Birth Control Pills/Contraception

[Breastfeeding and Contraception \(Birth Control\)](#)

[Birth Control Options](#)

[Contraception for the Breastfeeding Mother](#)

[Progestin Only Pills](#)

ID 5.2: Info for Health Professionals – Statements and Recommendations

Site map ID number:	5.2
Section	Breastfeeding in Peel
Subsection:	Information for Health Professionals
Page:	Statements and Recommendations
Secondary navigation:	See ID 5.0
Internal Links	(based on documents sent to me)

Information for Health Professionals – Statements and Recommendations

[Clinical Info](#) | [Breastfeeding and Medication](#) | Statements and Recommendations | [Reports](#)

Statements and Recommendations

[Breastfeeding and Pacifiers](#)

The Canadian Paediatric Society's recommendations on the use of pacifiers during lactation.

[Best Practice Guidelines for Nurses](#)

Breastfeeding practice guidelines for nurses from the Registered Nurses Association of Ontario.

[Canadian Paediatric Society](#)

The CPS's recommendations for exclusive breastfeeding.

[Pregnancy and Breastfeeding](#)

The Ontario Human Rights Commission's legislation about women's legal rights to breastfeed anytime, anywhere.

[SIDS](#)

The Canadian Paediatric Society's statement on SIDS.

[American Academy of Pediatrics](#)

The AAP policy statement on breastfeeding and the use of human milk.

[Breastfeeding and Safe Co-sleeping](#)

A policy statement by the Unicef UK Baby Friendly Initiative.

[World Health Organization](#)

A report from the World Health Organization (Kramer and Kakuma) on the recommendations for the optimal duration of exclusive breastfeeding.

ID 5.3: Info for Health Professionals – Reports

Site map ID number:	5.3
Section	Breastfeeding in Peel
Subsection:	Information for Health Professionals
Page:	Reports
Secondary navigation:	See ID 5.0
Internal Links	(based on documents sent to me)

Information for Health Professionals – Reports

[Clinical Info](#) | [Breastfeeding and Medication](#) | [Statements and Recommendations](#) | Reports

Reports

[Breastfeeding in Community Based Projects](#)

A workbook put out by the Canada Prenatal Nutrition Program to promote, protect, and support breastfeeding in community based projects.

[Evidence to Ten Steps of Successful Breastfeeding, WHO, 1998](#)

A report from the World Health Organization that supports the Baby Friendly™ Hospital Initiative.

[Factors that Contribute to Increased Breastfeeding](#)

A report from CAPC/CPNP (Community Action Program for Children/Canada Prenatal Program) on breastfeeding practices among women who access CAPC/CPNP funded programs.

[Family-Centred Maternity and Newborn Care: National Guidelines](#)

These guidelines (4th edition) promote the objective of a healthy and satisfying pregnancy, birth and postpartum experience for all mothers, babies and families.

[Final Report on the Breastfeeding Committee for Canada and the Canada Prenatal Nutrition Program Partnership Plan of Action “Giving Birth to the Future” 1998-2000](#)

This report documents the committee's process for improving and enhancing the health of childbearing women and children in Canada.

[Multicultural Perspectives of Breastfeeding in Canada](#)

A report from Health Canada on multicultural perspectives of breastfeeding in Canada.

ID 6.0: Contact Us

Site map ID number:	6.0
Section	Breastfeeding in Peel
Subsection:	Contact Us
Page:	Contact Us – <i>landing page</i>
Secondary navigation:	N/A
Internal Links	N/A

Contact Us

We'd like to hear from you!

Whether you have comments and suggestions for the website, or you'd like more information and support, please get in touch.

Email: healthlinepeel@region.peel.on.ca

Telephone: Health Line Peel (905) 799-7700

Fax: (905) 789-6853

Mail: Breastfeeding Program
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44 Peel Centre Drive,
Brampton, ON
L6T 4B5