

NEED HELP OR SUPPORT WITH FEEDING YOUR BABY?

Get help and support early.



How? In-person, phone, virtual, online.

Who? Doctors, nurses, lactation consultants, other moms and dads, and peer support.

Where? Primary care provider (doctor, nurse, midwife), hospital follow-up clinics, local public health agency, community health centres (CHCs), La Leche League, private clinics (\$), private home visits (\$), Telehealth Ontario.

- Hospitals are a safe place. Take your baby to the emergency department if you have a possible health emergency.
- Call your doctor, nurse or midwife to book an in-person appointment.
- Call Public Health for a list of resources in your community.
- If it's not an emergency and you have questions, you can call Telehealth Ontario 24/7: 1-866-797-0000

It's okay to have questions. We're here to help.

For more information on pregnancy and newborn care, you can also visit: www.omama.com or download the OMama App: <http://bit.ly/OMamaApp>

To find infant feeding supports near you, visit www.ontariobreastfeeds.ca



CHAMPLAIN MATERNAL NEWBORN REGIONAL PROGRAM
PROGRAMME RÉGIONAL DES SOINS À LA MÈRE
ET AU NOUVEAU-NÉ DE CHAMPLAIN