



## Reliable Web-Based Resources for Breastfeeding

Health Canada's "Nutrition for Healthy Term Infants" webpage provides health professionals with evidence based breastfeeding recommendations.

### Birth to six months:

<http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/index-eng.php>

### Six to 24 months:

<http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/recom-6-24-months-6-24-mois-eng.php>

"Protecting, Promoting and Supporting Breastfeeding: A Practical Workbook For Community-based Programs -2<sup>nd</sup> Edition" is intended to help communities identify strategies and specific actions to protect, promote and support breastfeeding in a population health setting.

<http://www.phac-aspc.gc.ca/hp-ps/dca-dea/publications/ppsb-ppsam-eng.php>

The Public Health Agency of Canada provides "Ten Valuable Tips for Successful Breastfeeding" with information and practical suggestions to help make the breastfeeding experience more enjoyable and successful. The resource can be downloaded as a pdf or copies can be ordered for free through the website.

[http://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance\\_0-2/nutrition/tips-cons-eng.php](http://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance_0-2/nutrition/tips-cons-eng.php)

The Alberta Health Services "Healthy Parents Healthy Children" website is a practical guide to pregnancy and being a parent. The section on breastfeeding covers what to expect when breastfeeding, latching positions, how to tell if your baby is getting enough milk, common problems and solutions, expressing and storing breastmilk, and when to get help.

<http://www.healthyparentshealthychildren.ca/feeding-your-baby/breastfeeding/>

The complete "Healthy Parents Healthy Children – The Early Years" book is available for download at:

[http://www.applemag-digital.com/applemag/healthyparents\\_healthychildren\\_the\\_early\\_years?pg=1#pg1](http://www.applemag-digital.com/applemag/healthyparents_healthychildren_the_early_years?pg=1#pg1)

Alberta Health Services- Breastfeeding clinics:

This is a free service that supports breastfeeding mothers and mothers with breastfeeding issues. [Call 811 to find breastfeeding clinics and lactation consultants in your area.](#)

The Government of Alberta's "My Health" website provides an overview of breastfeeding. It also includes information on the benefits of breastfeeding, planning to breastfeed, how to breastfeed, feeding patterns and common problems.

<https://myhealth.alberta.ca/health/healthy-living/pages/conditions.aspx?hwid=hw91687>

The Alberta Breastfeeding Committee's mission is to provide leadership and resources to protect, promote and support breastfeeding in Alberta as the cultural and biological norm for children, mothers, and communities.

<http://www.breastfeedingalberta.ca>

La Leche League Canada encourages, promotes and provides mother-to-mother breastfeeding support.

<http://www.lllc.ca/>

The Motherisk website from the Hospital for Sick Kids has useful information on drugs and drug interactions during breastfeeding.

<http://www.motherisk.org>

Health Link – Health Advice 24/7

Families are able to speak to a nurse with any breastfeeding issues or concerns with baby.

Call 811

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