

**Links to resources: Walking alongside families in breastfeeding care: tools and strategies for community-based support**

February 25, 2026

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**Health Outcomes and Informed Decision Making:**

Alberta Health Services: [Supporting Informed Feeding Decisions: Information on Infant Feeding Options for Health Care Professionals](https://www.albertahealthservices.ca/assets/info/hp/hcf/if-hp-hcf-bf-supporting-ifds-printable.pdf)

(<https://www.albertahealthservices.ca/assets/info/hp/hcf/if-hp-hcf-bf-supporting-ifds-printable.pdf>)

Alberta Health Services: [A Partner's Guide to Breastfeeding Support](https://www.healthyparentshealthychildren.ca/app/uploads/2019/09/AHS-Partners-Guide-To-Breastfeeding-Support.pdf)

(<https://www.healthyparentshealthychildren.ca/app/uploads/2019/09/AHS-Partners-Guide-To-Breastfeeding-Support.pdf>)

**Trauma-Informed Care, Tools and Tips: Assessment**

Native Womens Association Trauma Informed Care Toolkit:

[Trauma\\_Informed\\_Care\\_Fact\\_Toolkit.pdf](https://nwac.ca/wp-content/uploads/2025/05/Trauma_Informed_Care_Fact_Toolkit.pdf) ([https://nwac.ca/wp-content/uploads/2025/05/Trauma\\_Informed\\_Care\\_Fact\\_Toolkit.pdf](https://nwac.ca/wp-content/uploads/2025/05/Trauma_Informed_Care_Fact_Toolkit.pdf))

Drugs and Lactation database (Lactmed): [Drugs and Lactation Database \(LactMed®\) - NCBI Bookshelf](https://www.ncbi.nlm.nih.gov/books/NBK501922/) (<https://www.ncbi.nlm.nih.gov/books/NBK501922/>)

Hale's Medications and Mother's Milk: [Hale's Medications & Mothers' Milk](https://www.halesmeds.com/)

(<https://www.halesmeds.com/>)

Infant Risk Centre: <https://infantrisk.com/>

Alberta Health Services Pediatric Rehabilitation, Head and Neck resources:

<https://myhealth.alberta.ca/topic/Pediatric-Rehabilitation/Pages/infant-head-neck.aspx>

**Tools and Tips: Intervention**

Information on nipple shields: <https://www.lllc.ca/nipple-shields>

Demonstration of applying a nipple shield: <https://www.breastfeedingatlas.com/en-ca/pages/free-video-clips>

Breastfeeding Committee of Canada Medical Indications for Supplementation:

<https://breastfeedingcanada.ca/wp-content/uploads/2021/04/Medical-Indications-for-Supplementation-April-14.pdf>

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Alberta Health Services: <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-how-much-infant-formula-to-prepare-for-baby.pdf>

Academy of Breastfeeding Medicine, Persistent Pain with Breastfeeding resource: <https://abm.memberclicks.net/assets/DOCUMENTS/PROTOCOLS/26-persistent-pain-protocol-english.pdf>

**NIHB coverage of breastfeeding aids:**

Equipment and Supplies Benefits List: <https://www.sac-isc.gc.ca/eng/1589548959041/1589548984219#s9-5>

Recommendation Form (One Health): <https://www.onehealth.ca/Portals/1/Breast%20Pump%20Form-Updated%20March%202025%202.pdf>

**Additional Resources:**

Canadian Lactation Consultant Association (Find an IBCLC): <https://www.clca-accl.ca/Find-an-IBCLC-in-your-area>

La Leche League Canada: <https://www.lllc.ca/>

Breastfeeding Committee Canada: <https://www.breastfeedingalberta.ca/>

Alberta Health Services Pediatric Rehabilitation: <https://myhealth.alberta.ca/topic/pediatric-rehabilitation/Pages/default.aspx>

Alberta Health Services breastfeeding clinics: <https://www.albertahealthservices.ca/findhealth/Service.aspx?id=7634>

Breastfeeding Atlas: <https://www.breastfeedingatlas.com/en-ca?srsltid=AfmBOorYTRvSl2pO3BhDuatzofnCRT-dkrsNZWH7bfz76SFsTF3eN7-n>

Melanated Mammary Atlas: <https://www.mmatlas.com/>

Alberta 20 hour Breastfeeding Course: <https://www.albertahealthservices.ca/info/Page16993.aspx>

Indigenous Milk Medicine Collective: <https://www.indigenoumilkmedicinecollective.org/>

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Alberta Health Services, Practice Considerations for Working with Indigenous Mothers:

<https://www.albertahealthservices.ca/assets/info/hp/hcf/if-hp-hcf-bf-indigenous-mothers-printable.pdf>