



# BREASTFEEDING SUPPORT HELPING TREE

This is a sample of supports in HRM.  
Others may also be available in your community.

Breastfeeding Support Group with a doula during Public Health Drop-In Canada Games Centre Halifax, Mondays 1:00pm-3:00pm

Breastfeeding Support Group with a doula Chebucto Family Centre, Spryfield, Tuesday 10:00am-11:30am (also phone or in home support all week)

East Hants Breastfeeding Support Group with a doula Elmsdale, 2nd Friday/month 10:30am-12:00pm 4th Monday/month 6:30pm-8:00pm 902-758-3114

Breastfeeding Support Group with a doula Fiddleheads Kid Shop, Dartmouth, Mondays 9:30-10:30am 405-8801

Breastfeeding Support with a doula Fiddleheads Kids Shop, Bedford Tuesdays 11:00am-12:00pm

Breastfeeding Support Group with a doula JD Shatford Library, Hubbards Tuesdays 10:00am-12:00pm 857-4215 or 802-4334

La Leche League 470-7029

Breastfeeding Drop-In with a doula Nurtured Products for Parenting Mon 1:30pm-2:30pm, 405-4367

One on One Peer Support Parents of Multiple Births Association (POMBA) 435-3403

Public Health Family Drop-In Clinics 481-5800

Breastfeeding Support with a doula Sobey's Windsor Street, Halifax, Fridays 10am-12pm (Dietitian also present)

Breastfeeding Support Group with a doula The Cotton Penguin, Tantallon Thursdays 10:30am-11:30am 902-820-1234

Ask Dr. Sears

Breastfeeding Community of Practice Facebook Group

Breastfeeding in Nova Scotia Facebook Group

Dr. Jack Newman

First Six Weeks

Kelly Mom

La Leche League

Loving Care (books from NS Department of Health)

The Leaky Boob Facebook Group

Medications and Mother's Milk

Motherisk

Childbirth & Postpartum Professional Assoc. (Find a doula)

Doulas of North America (Find a doula)

Nova Scotia Doula Association (Find a doula)

Volunteer Doula Program (Chebucto Family Centre) 479-0508

Extra Support for Parents Volunteer Service (E.S.P.) IWK Health Centre 470-7111 or extrasupport@iwk.nshealth.ca

Private Lactation Consultants

Public Health Services Healthy Development Unit 481-5800

Bayers Westwood Family Resource Centre 454-9444

Chebucto Family Centre 479-3031

Fairview Family Centre 443-9569

Health Link 811

IWK Clinical Nutrition 470-7074

La Leche League 470-7029

LEA Place Women's Centre 884-2668

MOTHERISK 1-877-439-2744

Parents & Children Together (PACT) 434-8952

Parents of Multiple Births Association (POMBA) 435-3403

Public Health Services Healthy Development Program 481-5800

Breastfeeding Basics Government of NS

Breastfeeding Made Simple Kathleen Kendall-Tackett

Breastfeeding Answers Made Simple Nancy Mohrbacher

Breastfeeding Mother's Guide to making More Milk Diana West

Defining Your Own Success Diana West

Dr. Jack Newman's Guide to Breastfeeding Dr. Jack Newman

Ina May's Guide to Breastfeeding Ina May Gaskin

Loving Care Government of NS

Medications and Mothers Milk Thomas Hale

The Breastfeeding Answer Book La Leche League International

The Breastfeeding Book Martha Sears and William Sears

The Ultimate Breastfeeding Book of Answers Dr. Jack Newman & Theresa Pitman

The Womanly Art of Breastfeeding La Leche League

Bayers Westwood Family Resource Centre Halifax, 454-9444

Chebucto Family Centre Spryfield 479-3031

Dartmouth Family Centre 464-8234

Eastern Shore Family Resource Centre Porters Lake, 827-1461

East Preston Daycare Family Resource Centre 462-7266

Fairview Family Centre Halifax, 443-9569

Family Resource Centre West Hants Windsor, 798-5961

LEA Place Women's Centre Sheet Harbour, 885-2668

Memory Lane Family Place Lower Sackville, 864-6363

Mi'kmaq Child Development Centre Halifax, 422-7850

Military Family Resource Centre Halifax 427-7209 Shearwater 720-1040

Musquodoboit Valley Family Resource Centre Middle Musquodoboit 384-2794

North End Parent Resource Centre Halifax, 492-0133

Parents & Children Together (PACT) Cole Harbour, 434-8952

Babies R Us

Chebucto Family Centre Spryfield, 479-3031

Dartmouth Family Centre 464-8234

East Preston Daycare Family Resource Centre 462-7266

Fiddleheads Kids Shop Bedford Dartmouth

LEA Place Women's Centre Sheet Harbour, 885-2668

Local Pharmacies

Nurtured Products for Parenting

Parents of Multiple Births Association (POMBA) or 435-3403 info@pomba.ca

Royal Diaper

The Cotton Penguin 902-820-1234

Value Village

Baby & Me Playgroup Dartmouth Family Centre Wed 1:30pm-3:00pm 464-8234

Chinese Parent Group (Facilitated in Mandarin) 470-7111

New Mom Group East Preston Daycare FRC Postnatal: Tuesday 10:30am-1:00pm Prenatal: Wednesday 6:30-8:30pm 462-7266

New Parent Group Eastern Shore Family Resource Centre Porters Lake & Musquodoboit Harbour, Wed & Thurs 2:30pm-3:30pm 827-1461

New Parent Group Fairview Family Centre 443-9569

Parenting Programs Chebucto Family Centre Spryfield, 479-3031

Parent & Tot LEA Place Women's Centre Sheet Harbour, 885-2668

Parent & Tot Group Military FRC Halifax, 427-7209 Shearwater, 720-1040

Chiropractors (prenatal, pregnancy, and children)

Family Doctors

Health Link 811

IWK Clinical Nurse Specialist 470-6648

IWK Clinical Nutrition 470-7074

Lactation Consultants

Midwives

Naturopathic Doctors

Osteopaths

Pharmacists

Public Health Services HRM, 481-5800 Sheet Harbour, 885-2407 Head of Jeddore, 889-2143 Middle Musquodoboit, 284-2370 Windsor, 798-2264

I'm Made of Mama's Milk Mary Olsen

Mama's Milk Michael Elsohn Ross

The Mystery of the Breast Victoria de Aboitz

We Like to Nurse Chia Martin

Community Support

Online Support

In Home Support

Telephone Support

Recommended Readings

Resource Centres

Pumps & Pillows

Parent & Child Groups

Health Services & Professionals

Children's Books

21 hospitals, 8 birthing centres and 117 community centres are designated as Baby-Friendly facilities in Canada. Globally only 10% of infants are born in a hospital designated Baby-Friendly. A hospital providing maternity services or a community health facility is designated as Baby-Friendly if it meets the criteria for achieving the Ten Steps and adheres to the International Code of Marketing of Breast-milk Substitutes. Breastfeeding is a preventive health measure for the lactating mother as it is associated with a decrease in the incidence of both breast and ovarian cancers; Breastfeeding is associated with a delay in the return of ovulation and greater postpartum weight loss and with decreased risk of hypertension, diabetes, hyperlipidemia, and cardiovascular disease; and. Continuous support in labour may improve a number of outcomes for both mother and baby, and no adverse outcomes have been identified. Continuous support from a person who is present solely to provide support, is not a member of the woman's own network, is experienced in providing labour support, and has at least a modest amount of training (such as a doula), appears beneficial. In comparison with having no companion during labour, support from a chosen family member or friend appears to increase women's satisfaction with their experience. Future research should explore how continuous