

Resources for Feeding Your Baby

Get Information Online



About Breastfeeding

- Has information about why and how to breastfeed, concerns such as sore nipples and ways to calm a fussy baby, and where to get support
- Has a video library that includes videos by an Indigenous midwife
- Available in English and includes links to pages that have videos in other languages



Hamilton Public Health: Breastfeeding Support

- Has information about how to breastfeed, breastfeeding challenges, using expressed breastmilk or formula, breastfeeding supports, and deciding how to feed your baby
- Available in English with translation of webpage available by clicking “translate this page” icon in top right hand corner



Lactation Education Resources

- Has information about using nipple shields, tongue tie, signs of a good feeding, risks of not breastfeeding, positioning, pacifier use, hunger cues, helping a breastfeeding baby accept a bottle, colostrum, breastmilk let-down, baby’s second day, and breast refusal
- Parent handouts available in English and Spanish and some available in Chinese, Arabic, Vietnamese, and Polish



Indigenous Milk Medicine

- Learn about Indigenous Lactation Consultants and how Milk Medicine is a sacred tradition that goes beyond lactation for First Nations, Métis, and Inuit peoples
- Website made by National Council of Indigenous Midwives



La Leche League Canada: Information for Parents

- Has a newborn nursing video collection
- Includes fact sheets on baby’s growth, frequent-feeding days, how to know if your baby is getting enough milk, low milk production, breast and nipple pain, and fertility and sex
- Information in English and some fact sheets available in Arabic, Chinese (Simplified), Portuguese, and Ukrainian



OMama: Chest/Breastfeeding

- Has information about how the body prepares for lactation, how partners and family can provide support, helpful tips for getting a good latch and finding comfortable feeding positions, and taking medications and other drugs while nursing
- Links to the Rainbow Health Ontario service provider directory; search “breastfeeding”



Global Health Media Breastfeeding Videos

- Has videos on expressing breastmilk, breastmilk storage, nipple pain, milk supply, attaching a baby at the breast, and breastfeeding in the first few hours
- Available in English and many videos are available in multiple languages

Best Start by Health Nexus

Has multiple resources available for free download in English and 17 other languages



My Breastfeeding Guide

- Information about breastfeeding, FAQs, and where to get help



Signs that Feeding is Going Well

- Information about breastfeeding frequency, tummy size, number of diapers, and baby weight



Infant Formula: What You Need to Know

- Information on informed decision making regarding infant feeding, and the safe preparation, storage, and feeding of formula



Tip Sheets: Safely Preparing Infant Formula for your Baby

- Topics include informed decision making, how to prepare different types of formula for healthy babies, and how to bottle feed your baby

Connect With Supports



Pregnancy and New Parent Guide

- Information about breastfeeding services in Hamilton that can support pregnant people and new parents
- Information in English

Get Help Over The Phone

Health811, Ministry of Health, Government of Ontario

- Call 811 or 1-866-797-0000 or visit <https://www.ontario.ca/page/breastfeeding>
- Get free 24/7 breastfeeding phone support from a Registered Nurse. Depending on your situation, the Registered Nurse may refer you to a Lactation Consultant
- Translation provided in many languages

Health Connections, City of Hamilton, Public Health Services

- Call 905-546-3550, Monday - Friday, 8:30 am - 4:30 pm
- Speak to a Public Health Nurse about your breastfeeding questions and get connected with support
- Translation provided in many languages

