

BREASTFEEDING

RESOURCE LIST

<https://breastfeedingcanada.ca/en/resources>

Not for profit organization dedicated to the protection, promotion and support of breastfeeding and the implementation of the Baby-Friendly Initiative (BFI) in Canada. The BCC's BFI standards provide evidence-informed best practice for all mothers and babies around infant feeding.

<https://kellymom.com>

Evidence-based information on breastfeeding and parenting. KellyMom is an International Board Certified Lactation Consultant (IBCLC).

<https://www.llli.org>

Supports mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

<https://en.beststart.org/topics-tools/early-childhood-development/breastfeeding>

The Best Start Resource Centre produces multi-media resources in multiple languages



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<https://ibconline.ca>

Dr. Jack Newman is a Toronto pediatrician who has practiced medicine since 1970. In 1984 he established the first hospital-based breastfeeding clinic in Canada, at Toronto's Hospital for Sick Children. There are numerous online resources for breastfeeding parents on the website.

<https://www.motheringtouch.ca/resources/resources-breastfeeding/>

With the support of their midwife, doctor, maternity nurses and public health nurses, most clients learn to breastfeed their babies quite easily in the first days with baby because the hormones their bodies are producing make them very ready to learn. Challenges can arise though and many people benefit from a little extra help and support.

<https://www.lli.org>

Supports mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

<https://www.themothertree.ca/breastfeedinghelp>

Hub for Breastfeeding Support In the Okanagan.



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<https://sweetspotlactation.janeapp.com>

Lactation and infant feeding support in the Okanagan. Erin and Celina are IBCLC certified lactation professionals that can help you no matter where you're at on your breastfeeding journey. Use the link above to book an appointment.

[Health Link BC](#)

A link to Health Link BC's website, which has resources on breastfeeding support and tips. Includes video tutorials on hand expression and latch.

