

Breastfeeding Resources in our Community

BabyTalk - 613-549-1154 or toll free at 1-800-267-7875, ext. 1555;
TTY: 613-549-7692, 1-866-299-1136

Public health nurses provide information about breastfeeding, mother and baby health, parenting until age six, and community resources for young families.

KFL&A Public Health Prenatal Breastfeeding Class - Call BabyTalk for dates and times.

A lactation consultant gives parents-to-be basic information for successful breastfeeding.

Healthy Babies, Healthy Children - Call BabyTalk for information.
Supports parents with children, from pregnancy to age six, to get the help they need to be the best parents possible. Phone counselling and/or home visits are available from public health nurses.

BabyTalk Drop-Ins - Call BabyTalk for locations and times.
A lactation consultant and a public health nurse are available to answer questions and give information on breastfeeding, infant nutrition, and normal growth and development. Immunizations are available at some locations. Come meet other parents.

Breastfeeding Buddies - Call BabyTalk for information.
A new breastfeeding mother will be matched with a KFL&A Public Health trained volunteer who has successfully breastfed. This is a telephone support program.

Food for You Food for Two - Napanee and Amherstview - 613-354-3357
This is a pre and postnatal nutrition program. It provides family and breastfeeding support for mothers with infants up to six months old.

La Leche League – Call 1-800-665-4324 for a leader near you.
Leaders provide breastfeeding counselling, support, and monthly meetings for information and social networking.

Better Beginnings for Kingston Children - 613-542-2835
Programs are offered for expectant parents and young families living in North Kingston. Breastfeeding is strongly supported.

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Kingston
221 Portsmouth Avenue
Kingston, ON K7M 1V5
Tel: 613-549-1232
1-800-267-7875
Fax: 613-549-7896

Cloyne
P.O. Box 59
14209 Highway 41
Cloyne, ON K0H 1K0
Tel: 613-336-8989
Fax: 613-336-0522

Napanee
41 Dundas Street
Napanee, ON
K7R 1Z5
Tel: 613-354-3357
Fax: 354-6267

Sharbot Lake
P.O. Box 149
1130 Elizabeth Street
Sharbot Lake, ON K0H 2P0
Tel: 613-279-2151
Fax: 613-279-3997

Breastfeeding information is included in prenatal classes offered at:

Better Beginnings for Kingston Children, a program of North Kingston Community Health Centre (613-542-2835), and Childbirth Kingston (613-384-7774) and KFL&A Public Health prenatal classes (613-549-1232, ext. 1555). or ask your midwife, family doctor, or paediatrician for information.

Hastings & Prince Edward Counties Health Unit

Belleville and Trenton

Baby-Tot Line 613-966-5513, ext. 223

Collect calls 613-966-5500, ext. 223

Leeds, Grenville and Lanark District Health Unit

Health Action Line 1-800-660-5853

Breastfeeding Books by recognized experts

La Leche League International. The Womanly Art of Breastfeeding. 7th revised edition, Plume, 2004.

Newman, Jack and Pitman, Teresa. Dr. Jack Newman's Guide to Breastfeeding. Harper Collins Publishers Ltd., 2003.