

## 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.