



# Babytalk Drop-Ins

## Public Health Nurses with Answers From A to Z!

Babytalk Drop-Ins are offered by public health nurses at various locations throughout the KFL&A area.

- Meet a public health nurse to discuss topics such as breastfeeding, infant feeding, parenting, safety, and sleep routines.
- Get information on maternal, infant and child health, nutrition, and normal growth and development.
- Connect with community resources.

### **Kingston - Ontario Early Years Centre Kingston & the Islands**

Held on the first Wednesday of each month from 1:15 to 3:15 p.m. at 1066 Hudson Drive Kingston and on the third Wednesday of each month from 1:15 to 3:15 p.m. at 930 Woodbine Road in Kingston.

### **Amherstview – Ontario Early Years Centre Lennox & Addington Resources for Children**

Held on the last Tuesday of each month from 9:30 to 11:30am at Amherstview Community Hall, 108 Amherst Drive in Amherstview. Cancelled July 31 and August 28, 2012.

### **Napanee - Ontario Early Years Centre Lennox & Addington Resources for Children**

Held on the last Thursday of each month from 9:30 to 11:30 a.m. at 1178 County Road 8 in Napanee. Cancelled December 27, 2012.

### **Sharbot Lake - Ontario Early Years Centre The Child Centre**

Held on the third Wednesday of each month from 10:00 to 11:00 a.m. at 1004 Art Duffy Road in Sharbot Lake.

### **Storrington - Storrington Centre**

Held on the third Thursday of each month from 9:30 to 10:30 a.m. at 3910 Battersea Road in Sunbury.

### **Tamworth - Stone Mills Recreation Centre**

Held on the second Monday of each month from 10:00 to 11:00 a.m. in the multi-purpose room (side door) at the Stone Mills Recreation Centre, 713 Addington Street in Tamworth. In March the Drop-In will be held on March 19, 2012. Cancelled March 12, April 9, August 13, and October 8, 2012.

### **Northbrook - Lion's Hall**

Held on the second Wednesday of each month from 11:30 a.m. to 1:00 p.m. at the Lion's Hall, 12328 Highway 41 in Northbrook. In March the Drop-In will be held on March 28, 2012. Cancelled March 14 and August 8, 2012.

**For further information, please call Child & Babytalk at 613-549-1154 or 1-800-267-7875, ext. 1555.**

**Visit our Website at [www.kflapublichealth.ca](http://www.kflapublichealth.ca)**

# Breastfeeding Clinics

NEW!

The breastfeeding clinic provides you with information and support that will give you the confidence to know your baby is breastfeeding well. An International Board Certified Lactation Consultant (IBCLC)\* looks forward to answering your breastfeeding questions. Research shows that mothers are more likely to achieve their breastfeeding goals if they have support in the early weeks of breastfeeding.

## A lactation consultant offers:

- reliable and accurate information on breastfeeding practices,
- review of the baby's latch,
- guidance about infant feeding cues, frequency and length of breastfeeds, signs of effective breastfeeding, and
- strategies to assist with common breastfeeding challenges including engorgement, plugged ducts and mastitis.

## You can expect:

- One-on-one appointment time with a lactation consultant
- Observation of a breastfeed
- Infant and maternal breastfeeding assessment
- Reassurance and support that your breastfed baby is growing well and meeting normal growth and development milestones

All  
breastfeeding  
services are  
free!

To make a Breastfeeding Clinic appointment please call

**The Child & Babytalk Phone Line at:**

**613-549-1154 or 1-800-267-7875, ext.1555**

Clinic appointments are available Monday to Friday.

Look for the Breastfeeding Clinic times at

**[www.kflapublichealth.ca](http://www.kflapublichealth.ca)** and click on calendar.

\*On occasion when a lactation consultant is not available a public health nurse with lactation training will assist you.

