

### **BIRCH Links & Resources**

- A search engine for evidence-based breastfeeding resources available in Huron county: BIRCH (Breastfeeding Information Resource for the County of Huron).
- *This resource database has been prepared by the Alexandra Marine & General Hospital Obstetrical Program with funds provided by the Government of Ontario and the support of the Best Start Resource Centre at Health Nexus. The information herein reflects the views of the authors and is not officially endorsed by the Government of Ontario or the Best Start Resource Centre.*
- **Resources to include:**
  - *My Breastfeeding Guide @*  
[http://www.beststart.org/resources/breastfeeding/BSRC\\_My\\_Breastfeeding\\_Guide\\_EN.pdf](http://www.beststart.org/resources/breastfeeding/BSRC_My_Breastfeeding_Guide_EN.pdf)  
Description: A booklet with breastfeeding information and answers to questions that you may have as an expectant or new parent  
Keywords: breastfeeding, latching, positions, nutrition, healthy eating, getting enough, alcohol use, breastfeeding resources
  - *Breastfeeding Matters book @*  
[http://www.beststart.org/resources/breastfeeding/pdf/BreastfeedingMatters\\_2013\\_low\\_rez\\_reference.pdf](http://www.beststart.org/resources/breastfeeding/pdf/BreastfeedingMatters_2013_low_rez_reference.pdf)  
Description: An important guide to breastfeeding for women and their families  
Keywords: breastfeeding, latching, feeding, hand-expression, positions, sore nipples, engorgement, storing breastmilk
  - *Why Does My Baby Cry* [https://www.lllc.ca/sites/lllc.ca/files/420-LE\\_Why-Baby-Cry\\_English\\_FINAL.pdf](https://www.lllc.ca/sites/lllc.ca/files/420-LE_Why-Baby-Cry_English_FINAL.pdf)  
Description: A pamphlet to help parents understand why their baby may be crying in the first days to months  
Keywords: crying, breastfeeding
  - *Amazing Milk* [https://www.lllc.ca/sites/lllc.ca/files/410\\_Amazing-MilkCMYK.pdf](https://www.lllc.ca/sites/lllc.ca/files/410_Amazing-MilkCMYK.pdf)

Description: A pamphlet to help parents understand the benefits of breastfeeding to mom and baby

Keywords: benefits, breastfeeding

- *Breastfeeding your child past infancy is normal.*

<http://www.huronhealthunit.ca/health-topics/breastfeeding/importance-of-breastfeeding/breastfeeding-your-toddler/>

Description: A fact sheet to describe the benefits of extended breastfeeding to mom and toddler

Keywords: extended breastfeeding, benefits

- *Thrush @*

[http://www.beststart.org/resources/breastfeeding/Thrush\\_Fact%20Sheets\\_Eng\\_rev2.pdf](http://www.beststart.org/resources/breastfeeding/Thrush_Fact%20Sheets_Eng_rev2.pdf)

Description: A fact sheet on what thrush is in mom or baby and what to do about it

Keywords: thrush, yeast, sore nipples, diaper rash, white spots mouth, breastfeeding challenges

- *Blocked Ducts @*

[http://www.beststart.org/resources/breastfeeding/Ducts\\_Fact%20Sheets\\_Eng\\_rev2.pdf](http://www.beststart.org/resources/breastfeeding/Ducts_Fact%20Sheets_Eng_rev2.pdf)

Description: A fact sheet about the causes and treatments of blocked ducts in breastfeeding moms

Keywords: blocked ducts, pain, swelling, redness, breastfeeding challenges

- *Mastitis @*

[http://www.beststart.org/resources/breastfeeding/Infection\\_Fact%20Sheets\\_Eng\\_rev2.pdf](http://www.beststart.org/resources/breastfeeding/Infection_Fact%20Sheets_Eng_rev2.pdf)

Description: A fact sheet on the causes and treatments for mastitis or breast infection

Keywords: mastitis, breast infection, breastfeeding challenges

- *10 Great Reasons to Breastfeed @* [http://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance\\_0-2/nutrition/pdf/reasons-raisons-eng.pdf](http://www.phac-aspc.gc.ca/hp-ps/dca-dea/stages-etapes/childhood-enfance_0-2/nutrition/pdf/reasons-raisons-eng.pdf)

Description: Breastfeeding is best for you and your baby and here are 10 great reasons to breastfeed your baby

Keywords: breastfeeding, benefits

- *Information for Prenatal & New Families (see below)*

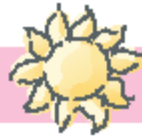
Description: A listing of helpful phone numbers and websites in Huron and Perth county for prenatal and new families

Keywords: breastfeeding resources, information

- *Where to turn for Breastfeeding Information & Support in Huron County (see below)*

- Description: A listing of websites and phone numbers, as well as feeding clinic locations available to breastfeeding mothers in Huron county

Keywords: breastfeeding resources, information, support, feeding clinics



## Information for Prenatal & New Families

### Huron County Health Unit

519.482.3416 or 1.877.837.6143 (Clinton)  
519.357.4993 (Wingham) [www.huronhealthunit.com](http://www.huronhealthunit.com)

- Information on breastfeeding, prenatal and postnatal health, postpartum mood disorders, infant and child health information, safety, nutrition & parenting
- Public Health Nurse Drop-In at various locations in Huron County.  
Call 519.482.3416 for times & dates or visit our website [www.huronhealthunit.com](http://www.huronhealthunit.com)

Check us out on Facebook

\*Breastfeeding Connections Huron County  
\*Parenting in Huron

### Ontario Early Years

519.482.8505 or 1.888.371.5718 [www.huroncounty.ca/childcare](http://www.huroncounty.ca/childcare)  
- Programs for parents, babies/children offered through the County

### Poison Centre

1.800.268.9017 or  
[www.ontariopoisoncentre.ca](http://www.ontariopoisoncentre.ca)

### Rural Response for Healthy Children

519.482.8777 or 1.800.479.0716 [www.rrhc.on.ca](http://www.rrhc.on.ca)  
- Parent mentors, dads program, parenting programs, T.H.E. BUS toy lending services across the County

### Motherisk Information Line

1.877.439.2744 [www.motherisk.org](http://www.motherisk.org)  
- Information on drugs and pregnancy and breastfeeding

### Websites for Child Health Information

[www.aboutkidshealth.ca](http://www.aboutkidshealth.ca) (Hospital for Sick Children)  
[www.caringforkids.cps.ca](http://www.caringforkids.cps.ca) (Canadian Pediatric Society)

### Ask a Dietitian

1.877.510.5102 [www.eatrightontario.ca](http://www.eatrightontario.ca)

Telehealth - 24 hours a day  
1.866.797.0000



### Huron Perth Centre for Children & Youth

519.482.3931 [www.hpcentre.on.ca](http://www.hpcentre.on.ca)  
- Counselling families on mental health & behavioural issues for children up to 17 years old

### CINOT - Children in Need of Treatment Program

519.482.3416 or 1.877.837.6143  
[www.huronhealthunit.com/dental\\_health/dental\\_cinot](http://www.huronhealthunit.com/dental_health/dental_cinot)  
- Financial help with dental care for children

### Infant & Toddler Safety Association

1.519.570.0181 or 1.888.570.0181 [www.infantandtoddlersafety.ca](http://www.infantandtoddlersafety.ca)  
- Car seat safety & information on recalls & safety issues for babies & children

### Car Seat Safety Information

519.482.3416

### Crisis Intervention

- Telephone counselling 519.527.0155 or 1.888.829.7484

### Huron-Perth Children's Aid Society

519.524.7356 or 1.800.265.5198 [www.h-pcas.ca](http://www.h-pcas.ca)

### Women's Shelter

Crisis Line 519.524.6245 or 1.800.265.5506 / Business Line 519.524.5333 [www.huronwomensshelter.com](http://www.huronwomensshelter.com)

### Smoker's Helpline

1.877.513.5333 [www.smokershelpline.ca](http://www.smokershelpline.ca)

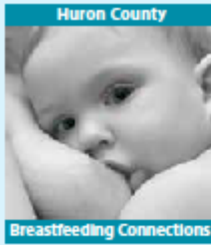
### To find a Midwife

[www.cmo.on.ca](http://www.cmo.on.ca)

### Breast Pump Rental

Melanie Siebert 519.482.8566 or [doulamel.siebert@gmail.com](mailto:doulamel.siebert@gmail.com)





## Where to turn for Breastfeeding Information & Support in Huron County

### Infant Feeding Clinics

Meet with a lactation consultant:

- **Wingham:** Tuesday mornings 9 a.m. - 12 noon (Health Unit Office - 131 John St. E.)..... 519-357-4993
- **Goderich:** Friday mornings 9 a.m. - 12 noon (Maitland Valley Medical Centre)..... 519-524-6060
- **Exeter:** Friday mornings 9 a.m. - 12 noon (South Huron Medical Centre)..... 519-482-3416

### Child and Family Health

- Prenatal classes, child development resources, parenting information and more!  
(Huron County Health Unit)..... 519-482-3416 or 1-877-837-6143

### Online Support

Lactation consultant and other moms ..... [www.facebook.com/breastfeedingconnectionshuroncounty](http://www.facebook.com/breastfeedingconnectionshuroncounty)

Parenting information for children and teens ..... [www.facebook.com/parentingin Huron](http://www.facebook.com/parentingin Huron)

Parenting and breastfeeding information ..... [www.huronhealthunit.ca](http://www.huronhealthunit.ca)

### MILKS

Connect with other breastfeeding mothers of Huron County for support and encouragement.

Search Facebook "MILKS Breastfeeding Support"..... Email: [huronmilks@gmail.com](mailto:huronmilks@gmail.com)

### Phone Support

Talk with a public health nurse

- **Clinton:** Monday to Friday 8:30 a. m. - 4:30 p.m. (Huron County Health Unit) ..... 519-482-3416
- **Wingham:** Monday to Friday 8:30 a. m. - 4:30 p.m. (Health Unit Office - 288 Josephine St)..... 519-357-4993

### Telehealth Ontario Breastfeeding Supports

A telephone advisory service for new and expectant moms to get advice and support for breastfeeding

24 hours a day, 7 days a week ..... 1-866-797-0000 or TTY: 1-866-797-0007

### Community Support

Drop in and meet with a public health nurse at your local child and family centre (CFC).

For dates and locations see the calendar online ..... [www.huronhealthunit.ca](http://www.huronhealthunit.ca)

### Other Support

Dr. Jack Newman ..... [www.breastfeedinginc.ca](http://www.breastfeedinginc.ca)

Dr. Suzanne Colson ..... [www.biologicalnurturing.com](http://www.biologicalnurturing.com)

Melanie Siebert (Breast pump rentals) ..... 519-482-8566 Email: [doulamel.siebert@gmail.com](mailto:doulamel.siebert@gmail.com)

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- Links to include:
  - Dr. Jack Newman's Breastfeeding Inc. @ <http://www.breastfeedinginc.ca/>  
Description: "The world's breastfeeding resource". Empowering parents by ensuring they receive the most up-to-date information to assist them with their breastfeeding baby. Breastfeeding resources include free information sheets, video clips, and articles. Some resources, such as books, protocols and videos can also be purchased through the website.  
Keywords: breastfeeding resources, information, breastfeeding challenges
    - Challenges of Breastfeeding:
      - Engorgement @ <http://www.breastfeedinginc.ca/content.php?pagename=doc-EngRPS>  
Description: Information on how to relieve engorgement to help baby latch  
Keywords: breastfeeding challenges, engorgement, latching
      - Sore nipples @ <http://www.breastfeedinginc.ca/content.php?pagename=doc-SN>  
Description: Information on how to prevent and treat sore nipples  
Keywords: breastfeeding challenges, sore nipples, latching, positioning
    - Breastfeeding Info Sheets @ <http://www.breastfeedinginc.ca/content.php?pagename=information>  
Description: A listing of the information sheets available on Dr. Jack Newman's Breastfeeding Inc. website covering topics ranging from benefits of breastfeeding to latching to breastfeeding challenges.  
Keywords: breastfeeding resources, information, breastfeeding challenges, benefits, latching
  - La Leche League Canada @ <http://www.lllc.ca/>  
Description: La Leche League Canada encourages, promotes and provides mother-to-mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society. The website includes links to breastfeeding information sheets and frequently asked breastfeeding questions.  
Keywords: breastfeeding resources, information, breastfeeding challenges
  - Laid-Back Breastfeeding @ <http://www.biologicalnurturing.com/>  
Description: A website for mothers-to-be and professionals that contains knowledge and videos about the laid back method of breastfeeding  
Keywords: breastfeeding positions, latching
  - Huron County Health Unit, Breastfeeding @ <http://www.huronhealthunit.ca/health-topics/breastfeeding/>  
Description: A website developed by the Huron County Health Unit that has links to information and videos about breastfeeding.  
Keywords: breastfeeding resources, information
    - Benefits of Breastfeeding @ <http://www.huronhealthunit.ca/health-topics/breastfeeding/importance-of-breastfeeding/a-healthy-start/>  
Description: Information from the Huron County Health Unit about the benefits of breastfeeding

- Keywords: breastfeeding, benefits
  - Pacifiers @ <http://www.huronhealthunit.ca/health-topics/breastfeeding/how-to-succeed-with-breastfeeding/breastfeeding-faqs/pacifiers/>  
Description: Information from the Huron County Health Unit about the concerns of pacifier use as well as a discussion of other ways to soothe your baby  
Keywords: pacifier, breastfeeding, crying
    - Local breastfeeding services @ <http://www.huronhealthunit.ca/health-topics/breastfeeding/local-services-to-help-you-succeed/>  
Description: Breastfeeding resources recommended by the Huron County Health Unit including infant feeding clinics, contacting a public health nurse or Telehealth Ontario breastfeeding supports, peer support in Huron county, and renting a breast pump.  
Keywords: breastfeeding resources, feeding clinics, peer support, breast pump
    - Community Stories @ <http://www.huronhealthunit.ca/health-topics/breastfeeding/listen-to-community-stories/>  
Description: Link to Breastfeeding Connections Huron County Facebook page as well as the opportunity to listen to breastfeeding stories from women in Huron county  
Keywords: breastfeeding, peer support
    - Nutritional needs during breastfeeding @ <http://www.huronhealthunit.ca/health-topics/breastfeeding/needs-during-breastfeeding/>  
Description: Information from the Huron County Health Unit about healthy eating while breastfeeding, including links to contact a dietitian  
Keywords: breastfeeding, nutrition, healthy eating
    - Skin-to-skin contact @ <http://www.huronhealthunit.ca/health-topics/breastfeeding/skin-to-skin-contact/>  
Description: The benefits of skin to skin contact are presented by the Huron County Health Unit  
Keywords: breastfeeding, skin to skin, benefits
    - Baby-Friendly Initiative @ <http://www.huronhealthunit.ca/health-topics/breastfeeding/baby-friendly-initiative-2/>  
Description: An overview of the Baby Friendly Initiative at the Huron County Health Unit  
Keywords: breastfeeding, baby friendly
- Windsor-Essex Health Unit App – “WYNI”, Breastfeeding Information When You Need It @ <https://www.wechu.org/feeding-your-baby/wyni-breastfeeding-information-when-you-need-it>  
Description: A description and link to the Windsor-Essex County Health Unit breastfeeding app for android and iPhone devices. WYNI has answers to commonly asked breastfeeding questions and concerns, a tracking feature (to track breastfeeds, diaper changes and baby’s growth), and helpful videos.  
Keywords: breastfeeding resources, information, app
- Niagara Region Health Unit App – “M+B2B”, Mother & Baby To Be @ [https://www.niagararegion.ca/living/health\\_wellness/pregnancy/baby\\_app.aspx](https://www.niagararegion.ca/living/health_wellness/pregnancy/baby_app.aspx)

Description: A link to the Niagara Region Health Unit prenatal app for Apple devices. M+B2B allows you to plan for pregnancy, create a birth plan, understand transition to parenting concerns, and track your baby's sleeping, crying and feeding information.

Keywords: Pregnancy information, breastfeeding resources, app

- Bilingual Online Ontario Breastfeeding Services @

<http://ontariobreastfeeds.ca/>

Description: An online searchable directory of breastfeeding services such as clinics, drop-ins, telephone helplines and more in Huron County and all of Ontario.

Keywords: breastfeeding resources, peer support, feeding clinic

- Online breastfeeding and co-parenting course @

<http://www.breastfeedinginfoforparents.ca/>

Description: An online course for parents to learn about the benefits of breastfeeding, how to breastfeed, how to support your breastfeeding partner and a discussion of some common breastfeeding concerns.

Keywords: breastfeeding information, latching, positions, breastfeeding challenges, caring for mom

- Motherisk @ <http://www.motherisk.org/>

Description: A website resource with information on what medications or herbals are safe to take during pregnancy and breastfeeding.

Keywords: breastfeeding, medications

- KellyMom: Evidence Based Breastfeeding & Parenting @

<http://kellymom.com/>

Description: A website resource with information about breastfeeding including information about common concerns.

Keywords: breastfeeding information, breastfeeding challenges

- Video links to include:

- Breastfeeding after Caesarean section at

<http://trilliumhealthpartners.ca/patientservices/womens/Pages/breastfeeding-after-caesarean-birth.aspx>

Description: A video discussing breastfeeding tips after having a C-section including the importance of skin to skin, positioning, hand expression and how to know your baby is getting enough milk.

Keywords: breastfeeding information, skin to skin, Caesarean section, hand expression, getting enough

- How to express milk by hand at

[https://www.youtube.com/watch?v=VuW1ZLwkag4&feature=player\\_embedded](https://www.youtube.com/watch?v=VuW1ZLwkag4&feature=player_embedded)

Description: A video demonstrating how to express milk by hand to help relieve engorgement or because baby is not able to breastfeed due to medical issues

Keywords: breastfeeding information, hand expression

- Holding your baby skin to skin at [https://www.youtube.com/watch?v=-msBIFbYw7Y&feature=player\\_embedded](https://www.youtube.com/watch?v=-msBIFbYw7Y&feature=player_embedded)

Description: A video discussing the importance of skin to skin in breastfeeding success

Keywords: breastfeeding information, skin to skin

- Baby-led latching/following your baby's cues at  
[https://www.youtube.com/watch?v=99vr-L-o2Uk&feature=player\\_embedded](https://www.youtube.com/watch?v=99vr-L-o2Uk&feature=player_embedded)  
 Description: A video discussing looking for baby's cues that indicate their need to breastfeed as well as baby-led latching and the importance of skin to skin  
 Keywords: cues, breastfeeding positions, skin to skin
- Effective latch on breast at  
[https://www.youtube.com/watch?v=8yJkypzlf2s&feature=player\\_embedded](https://www.youtube.com/watch?v=8yJkypzlf2s&feature=player_embedded)  
 Description: A video demonstrating a good latch and the importance of skin to skin  
 Keywords: Skin to skin, latching, breastfeeding positions
- How to position the baby at the breast at  
[https://www.youtube.com/watch?v=u\\_PskvR9AKM&feature=player\\_embedded](https://www.youtube.com/watch?v=u_PskvR9AKM&feature=player_embedded)  
 Description: A video demonstrating breastfeeding positions  
 Keywords: Breastfeeding positions
- Frequently Asked Breastfeeding Question Videos:
  - Do I have enough milk for my growing baby?  
[https://www.youtube.com/watch?feature=player\\_embedded&v=UnatVHo-Q5k](https://www.youtube.com/watch?feature=player_embedded&v=UnatVHo-Q5k)  
 Description: A video discussing how you know if your baby is getting enough milk when breastfeeding and also baby's hunger cues.  
 Keywords: breastfeeding information, getting enough, cues
  - I think my milk supply is low. How can I up my supply?  
[https://www.youtube.com/watch?v=DeEaKdOzFs4&feature=player\\_embedded](https://www.youtube.com/watch?v=DeEaKdOzFs4&feature=player_embedded)  
 Description: A video discussing increasing your milk supply including breast compression, hand expression, skin to skin and frequent breastfeedings with a good latch  
 Keywords: breastfeeding information, hand expression, skin to skin, latching
  - Does my diet affect the baby through my milk?  
[https://www.youtube.com/watch?v=ZCXmgIxOtzA&feature=player\\_embedded](https://www.youtube.com/watch?v=ZCXmgIxOtzA&feature=player_embedded)  
 Description: A video discussing if diet can affect your baby through breastmilk as well as self-care for breastfeeding moms.  
 Keywords: breastfeeding information, nutrition, healthy eating, caring for mom
  - Can I drink alcohol while I'm breastfeeding?  
[https://www.youtube.com/watch?v=X7WyojSij3M&feature=player\\_embedded](https://www.youtube.com/watch?v=X7WyojSij3M&feature=player_embedded)  
 Description: A video discussing alcohol consumption while breastfeeding.  
 Keywords: breastfeeding information, healthy eating, alcohol use
  - Can I get pregnant while I'm breastfeeding?  
[https://www.youtube.com/watch?v=1fHHNo2xL1E&feature=player\\_embedded](https://www.youtube.com/watch?v=1fHHNo2xL1E&feature=player_embedded)  
 Description: A video discussing birth control options during breastfeeding.  
 Keywords: breastfeeding information, birth control





- What if my mother doesn't support my breastfeeding?  
<https://youtu.be/MABpeEQx36U>  
 Description: A video discussing how to handle when others are not supportive of breastfeeding  
 Keywords: breastfeeding information, caring for mom
- How can I relax more during breastfeeding?  
[https://youtu.be/-\\_cCvDhcjs4](https://youtu.be/-_cCvDhcjs4)  
 Description: A video discussing the importance of relaxation during breastfeeding  
 Keywords: breastfeeding information, breastfeeding positions
- How can gravity, gaps & gaze simplify early breastfeeding?  
<https://youtu.be/TI-Ww1Ld4p4>  
 Description: A video discussing some tips to ensure successful breastfeeding with a focus on the laid-back method of breastfeeding.  
 Keywords: breastfeeding information, breastfeeding positions
- How can I breastfeed hands free?  
<https://youtu.be/Wj5HHGa7I2M>  
 Description: A video discussing the laid-back method of breastfeeding and how it can be "hands free"  
 Keywords: breastfeeding positions
- Should I take charge of breastfeeding or can my baby help?  
<https://youtu.be/6Gk5orp7dcM>  
 Description: A video discussing the laid-back method of breastfeeding  
 Keywords: breastfeeding positions, latching
- Can a change in position help relieve nipple pain?  
<https://youtu.be/-hhCz65lhP4>  
 Description: A video discussing how a good latch or change in position may help to relieve nipple pain.  
 Keywords: breastfeeding positions, latching, breastfeeding challenges, sore nipples
- How can I tweak my baby's position?  
<https://youtu.be/NGOa0xVw0FE>  
 Description: A video discussing tips for using the natural breastfeeding method  
 Keywords: breastfeeding information and breastfeeding positions

Also check out our latest article in the Goderich Signal Star:

[http://www.goderichsignalstar.com/2016/01/18/amgh-offers-breastfeeding-resource?utm\\_source=addThis&utm\\_medium=addthis\\_button\\_facebook&utm\\_campaign=Have+questions+about+breastfeeding%3F+%7C+Goderich+Signal+Star#.VqIJnz\\_BmUE.facebook](http://www.goderichsignalstar.com/2016/01/18/amgh-offers-breastfeeding-resource?utm_source=addThis&utm_medium=addthis_button_facebook&utm_campaign=Have+questions+about+breastfeeding%3F+%7C+Goderich+Signal+Star#.VqIJnz_BmUE.facebook)