

Halton Community Breastfeeding Support

Community Support is an important part of achieving exclusive long term breastfeeding. Exclusive breastfeeding is recommended for the first six months of life for healthy term infants, as breast milk is the best food for optimal growth. Infants should be introduced to nutrient-rich, solid foods with particular attention to iron at six months with continued breastfeeding for up to two years and beyond. (Health Canada).

The Halton Baby-Friendly Initiative – www.babyfriendlyhalton.ca
Up-to-date information and videos on breastfeeding, including when and where to get support. Check us out on Facebook.

International Board Certified Lactation Consultants www.ilca.org
Listing of Lactation Consultants that can be hired for help with breastfeeding.

Postpartum Doula www.doulacare.ca
Listing of Doula's who offer supportive and knowledgeable guidance in prenatal and the early postpartum period.

Telephone Support

HaltonParents

311 or 905-825-6000; toll free 1-866-442-5866; TTY 905-827-9833
A Public Health Nurse will be able to answer your questions about breastfeeding, pregnancy, child development or concerns about your child or yourself. Available Monday to Friday, 8:30 a.m. -4:30 p.m.

Halton Breastfeeding Connection

311 or 905-825-6000; toll free 1-866-442-5866; TTY 905-827-9833
A volunteer program that provides mother- to- mother telephone support for expectant or breastfeeding mothers.

Joseph Brant Memorial Hospital- Burlington

905-681-4831
24 hour phone support for infant feeding and postnatal concerns provided by a registered nurse for families who have delivered at the hospital.

La Leche League www.lllc.ca

1-800-665-4324
Breastfeeding support provided by a telephone warm line and monthly meetings.

Mother Risk Helpline

416-813-6780
The Toronto Hospital for Sick Children provides information about the safety or risk of drugs, chemicals and disease during pregnancy and breastfeeding.

Milton

MDH Breastfeeding Drop In
Friday 10:00 am - 11:30 am
Milton Hub, Our Lady of Victory School
540 Commercial Street

Halton Prenatal Nutrition Program
Thursday 1:00 pm - 3:00 pm
Milton Community Hub
540 Commercial Street

La Leche League
3rd Wednesday of the month
7:15 pm - 9:00 pm
Milton Community Resource Centre
410 Bronte Street S

Halton Hills

Baby Talk – Drop In Support Group
Fridays 10:30am - 12:30pm
September - June
St. Georges Anglican Church
60 Guelph Street, Georgetown

Oakville

Breastfeeding Cafe- Drop In
2nd and 4th Friday of the month
10am - 12pm
Oakville Parent Child Centre
461 North Service Road W Unit 17

Halton Prenatal Nutrition Program
Wednesday 10:30 am - 12:30 pm
Kerr Street Ministries 485 Kerr Street

La Leche League Drop In Group
Fridays 12:15 pm - 2:00 pm
Oak Park Neighbourhood Centre
2200 Sawgrass Drive

La Leche League Toddler Drop In
Last Sunday of every month
Contact: LLLoakville@gmail.com for
more information

Burlington

Breastfeeding Meet Up
1st and 3rd Wednesday of the month
1:00 p.m - 3:00 p.m
September - June
Reach Out Centre for Kids/Ontario
Early Years Centre
710 Cumberland Ave

Halton Prenatal Nutrition Program
Tuesday 1:00 pm - 3:00 pm
Reach Out Centre for Kids/ Ontario
Early Years Centre
645 Plains Road East

La Leche League
1st Thursday of the month
8:00 pm - 9:30pm
Burlington and Area Midwives
4332 New Street



Halton Baby-Friendly Initiative
www.babyfriendlyhalton.ca
*Community groups are subject to
change. For the most current
information, check our website:
babyfriendlyhalton.ca*