

# BREASTFEEDING SUPPORT

## Breastfeeding Appointments

Certified Lactation Consultants and Public Health Nurses with expertise in breastfeeding are available for breastfeeding appointments.

If you are feeling that you need extra support or reassurance that your **newborn baby** has a good latch and is getting enough milk, book a Middlesex-London Health Unit Breastfeeding Appointment by calling Health Connection at 519-850-2280. Appointments are available at multiple locations in the city of London and County of Middlesex.

It is important to get breastfeeding support early. We're here to help!

## Well Baby/Child & Breastfeeding Drop-Ins

Visit a Well Baby/Child & Breastfeeding Drop-In near you and ask a Public Health Nurse about breastfeeding, nutrition, child development, community support, adjustment to parenthood, parenting and more. For a full schedule of drop-ins visit [www.healthunit.com/well-baby-drop-ins](http://www.healthunit.com/well-baby-drop-ins) or call Health Connection at 519-850-2280.

## Breastfeeding Video Library

Visit our new Breastfeeding Video Library.  
[www.healthunit.com/breastfeeding-videos](http://www.healthunit.com/breastfeeding-videos)

## Online Breastfeeding Information

Frequently Asked Questions, Breastfeeding Basics and so much more.  
Visit: [www.healthunit.com/breastfeeding](http://www.healthunit.com/breastfeeding)

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## Breastfeeding Telephone Support

Health Connection  
519-850-2280  
Monday to Friday 8:30 am – 4:00 pm

Call Health Connection to talk to a Public Health Nurse about:

- Breastfeeding
- Well Baby/Child & Breastfeeding Drop-Ins
- Breastfeeding Appointments
- Prenatal Support
- Coping as a new parent
- Parenting
- Infant, child and family health and nutrition
- Speech and language and so much more

## Healthy Babies Healthy Children

If you are unable to access community breastfeeding supports, you may qualify for a home visit by a public health nurse. Call Health Connection, 519-850-2280, to speak with a Public Health Nurse to see if you're eligible.



[www.healthunit.com/babies](http://www.healthunit.com/babies)