

# Breastfeeding Support for Families

What to expect when you leave the hospital

## PHN

*Public Health Nurse*

**Public Health Nurses (PHNs) offer continuous post-natal support to families with infants.**

You will be contacted and visited by a PHN.

Your PHN can answer questions and support you and your baby as you both learn and explore breastfeeding.

The PHN will encourage you to attend a Breastfeeding Support Group in your area.

Your PHN can work together with a Lactation Consultant if you are having breastfeeding challenges.

**Breastfeeding Support Groups (BFSGs) are weekly, community-based, drop-in support groups, led by PHNs**

Breastfeeding support groups are a positive space that fosters a warm chain of support for breastfeeding families. Participants can share their experiences and support one another through their breastfeeding journeys.

These groups provide an opportunity for you to connect with other breastfeeding mothers and families.

BFSGs can help you have a positive breastfeeding experience.

Partners, fathers, grandparents, and other support people are also welcome to attend.

## BFSG

*Breastfeeding Support Group*

## LC

*Lactation Consultant*

**Lactation Consultants (LCs) are specialized and certified to help families who are experiencing complex breastfeeding challenges.**

Breastfeeding challenges are different for everyone, but can include things like slow weight gain, poor latch, sore nipples, and insufficient milk supply.

LCs and PHNs work together to develop a plan of care that is aimed at meeting your breastfeeding goals.



Eastern Health

Updated Sept. 7, 2022

# Breastfeeding Support for Families

## **Congratulations on your new baby and your decision to breastfeed!**

Breastfeeding is the normal and healthiest way to feed your baby. Even though it is a natural and rewarding process, it is important to remember it is a skill and takes practice.

Eastern Health provides many supports for families who breastfeed. We want you to know you're not alone. No matter where you are on your breastfeeding journey, there are a variety of resources to guide you along the way!

### Public Health Nurse (PHN)

PHNs offer continuous support for families of young children and will follow your child from birth until they reach school age.

PHNs give immunizations and provide information and support about child development, safety, and breastfeeding. They are available to assist you and your family meet your breastfeeding goals through telephone visits, home visits, and Breastfeeding Support Groups in your community.

**Contact your PHN or your local Public Health office for more info: [easternhealth.ca/find-health-care](https://easternhealth.ca/find-health-care)**

### Breastfeeding Support Group (BFSG)

All breastfeeding mothers and their families may need support at one time or another. The Public Health Nursing Program offers BFSGs in communities throughout the region.

These groups provide a connection to other breastfeeding mothers and families and can help you achieve a positive breastfeeding experience. BFSGs are offered on a drop-in basis and are led by PHNs.

Fathers, partners, grandparents, and other support people are always welcome to attend!

**The BFSG schedule can be found at: [hi.easternhealth.ca/healthy-living/breastfeeding/breastfeeding/](https://hi.easternhealth.ca/healthy-living/breastfeeding/breastfeeding/)**

### Lactation Consultant (LC)

There are LCs in both hospital and community settings within Eastern Health.

LCs, also known as International Board-Certified Lactation Consultants (IBCLC), have specialized skills and training to help with complex breastfeeding challenges.

At times, breastfeeding can be challenging. If you are experiencing breastfeeding difficulty, please contact your PHN for further assessment and assistance. Your PHN may contact a LC if required

**LC support is offered on Zoom on a weekly basis. For more info, contact your PHN. Your PHN can also schedule a clinic appointment with a LC to offer one-on-one support for complex needs.**



For more information on breastfeeding, please visit Eastern Health's Health Information (Hi) website: [hi.easternhealth.ca/breastfeeding](https://hi.easternhealth.ca/breastfeeding)

