

Healthy Babies Healthy Children...

Meet With a Nurse

Public Health Nurses are available half a day a week to meet with pregnant women and parents of children 0-6 years. Services are free, non-judgmental and private. Contact the Early Years Centre to make an appointment with a nurse, or just drop by.

NOTE: This is not a medical clinic or an emergency service.

You can talk to a nurse about:

- | | |
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| <input checked="" type="checkbox"/> Growth & Development | <input checked="" type="checkbox"/> Child Health |
| <input checked="" type="checkbox"/> Parenting | <input checked="" type="checkbox"/> Breastfeeding |
| <input checked="" type="checkbox"/> Nutrition | <input checked="" type="checkbox"/> Family Planning |
| <input checked="" type="checkbox"/> Injury Prevention | <input checked="" type="checkbox"/> Parent Wellness |
| <input checked="" type="checkbox"/> Community Services for Parents | <input checked="" type="checkbox"/> Parental Adjustment |

Cambridge Family Early Years Centre

149 Ainslie Street North, Cambridge.....**519-740-8353**

Meet with a Nurse – Tuesdays 9:00 a.m. – 12:00 p.m.

Breastfeeding Buddies – call the centre for dates and times

Our Place Family Resource & Early Years Centre

154 Gatewood Road, Kitchener.....**519-571-1626**

Meet with a Nurse – Mondays 9:00 a.m. – 12:00 p.m.

Breastfeeding Buddies – call the centre for dates and times

Waterloo OEYC – YMCA of Kitchener-Waterloo

161 Roger Street, Waterloo.....**519-741-8585**

Meet with a Nurse – Tuesdays 9:00 a.m. – 12:00 p.m.

Breastfeeding Buddies – call the centre for dates and times

Wilmot Family Resource Centre

175 Waterloo Street, New Hamburg.....**519-662-2731**

Meet with a Nurse – call the centre for dates and times

Breastfeeding Buddies – call the centre to make an appointment

Kids House Drop-In

Downtown Community Centre.....**519-741-2501**

35 Weber Street West, Kitchener

Breastfeeding Buddies – Tuesdays 9:30 a.m. – 11:00 a.m.

Breastfeeding... Anytime, Anywhere

Families with infants and young children need a safe, clean, comfortable place to feed and diaper their child when they are away from home. There are many child friendly places in Waterloo Region including:

Region of Waterloo Breastfeeding Lounge

Community Health & Social Services Building
99 Regina Street, 2nd Floor, Waterloo

Hours: Monday – Friday, 8:30 a.m. – 4:30 p.m.

Breast pump available – bring your own kit and supplies

Community Health & Social Services Building
150 Main Street, Cambridge

Hours: Monday – Friday, 8:30 a.m. – 4:30 p.m.

Breast pump available – bring your own kit and supplies

Cambridge Centre Mall Infant Feeding Room

355 Hespeler Road, Cambridge

Sears - 2nd Floor – Boys Wear 2-6X

Hours: Open during mall hours

Fairview Park Mall Infant Feeding Room

2960 Kingsway Drive, Kitchener

Sears – Main Level, Infant Wear

Hours: Open during mall hours

Kitchener City Hall Breastfeeding Lounge

200 King Street West, 1st Floor, Kitchener.....**519-741-2286**

Hours: Open daily

Your Kitchener Market

300 King Street East.....**519-741-2287**

Hours: Seasonal - call for hours of operation

BREASTFEEDING... What to Expect and Who to Call...

For answers to your questions...



Call the Healthy Children Info Line at
519-883-2245
or visit our website at
www.waterloo.region.on.ca/ph



Region of Waterloo
PUBLIC HEALTH

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Helpful Hints

What happens if my breasts feel full and hard?

Some breast fullness is normal after birth. Between day two and day six, this fullness may develop into hard and painful engorgement as your milk volume increases. This engorgement can make it hard for your baby to latch on.

To prevent engorgement:

- Nurse often from both breasts day and night (at least every three hours).

If your breasts become hard and full (engorged):

- Apply warm water (cloths, shower, bath) to breasts then massage whole breast toward nipple gently, before nursing.
- Squeeze out (express) some milk to soften the areola (brown area around nipple) before nursing.
- Try to nurse when you can, instead of using supplementary bottles.
- After feeding, apply cold compresses to reduce swelling and relieve pain.
- A full-fitting, supportive bra may make you more comfortable.
- A pain reliever (like Tylenol) may be necessary to give some relief.

Is baby getting enough milk?

During the first few days after birth, your baby receives concentrated amounts of milk called colostrum. Your baby should wet two to three diapers and have one or two tarry, black bowel movements every 24 hours in these early days.

After your milk volume has increased (usually by day five), you will know your newborn is getting enough milk if:

- You can see/hear lots of swallowing while baby nurses (soft "caw" sounds).
- Baby wets six to eight diapers (pale yellow urine every 24 hours).*
- Baby has at least two bowel movements every day in the first month.
- Baby is alert and active with clear (not yellow) eyes and healthy colour.
- Birth weight is regained by two or three weeks of age.
- Weight gain of at least four ounces (120 grams) per week.

* A tissue to line the diaper can be your wet diaper indicator.

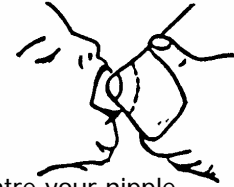
Positioning and Latching On

Proper positioning will make nursing feel comfortable.

1. Position your baby so that his face, chest, stomach and knees are toward you. His mouth should be at the level of your nipple.

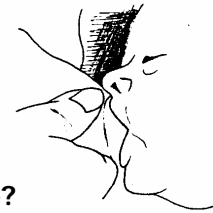
Note: The Cross-Cradle position or the Football Hold provides the best head control for a newborn.

2. Support your breast with fingers underneath and thumb resting on top, as in the picture on the right.
3. Bring your baby to your breast:
 - Lift your breast slightly, ready to centre your nipple.
 - Tickle his bottom lip with your nipple to open his mouth.
 - Wait until his mouth opens wide, like a yawn. Be patient.
 - Pull him onto your breast quickly when you get that wide mouth. (Don't bring your breast to him, bring him to you).



Does baby have a good latch? Check for:

- Wide open mouth
- Lips rolled out, not sucked in
- Baby should have a good amount of the areola (brown area around nipple) in his mouth.



What can I do if my nipples get sore?

Breastfeeding should not hurt. If it hurts, gently take your baby off the breast and try again.

- Check positioning (be sure baby is latching on the areola not just the nipple).
- Start the feeding on the side that is less sore.
- Apply a warm cloth over areola/nipple before feedings to soften tissue.
- Express breast milk onto nipple after feeding and allow to air dry or try a hair dryer on warm setting.
- Products like Purelan or Lansinoh cream may be helpful. Apply the cream after your expressed breast milk has dried. It keeps sore nipples soft between feedings and promotes healing. (No need to wash off before feedings).
- If your nipples crack or blister or bleed, you should call for help.

Once your baby is nursing well, your nipples will feel better and will heal quickly.

Breastfeeding Contact Numbers

Region of Waterloo Public Health Department

Healthy Children Information Line.....519-883-2245

Monday – Friday 9:00 a.m. – 4:00 p.m.

Public Health Nurse telephone consultation

Grand River Hospital

Breastfeeding Support Services.....519-749-4355

Monday – Sunday 8:00 a.m. – 4:00 p.m. (By Appointment Only)

La Leche League For contact information for current leaders call:

Community Information Centre.....**519-579-3800**

www.lalecheleague.org

Breastfeeding Buddies Peer Support **(For Pregnant and Breastfeeding Women)**

For information contact:

Sherry Rosa, Breastfeeding Buddies Coordinator.....**519-772-1016**

Telehealth.....1-866-797-0000

Motherisk.....416-813-6780

www.motherisk.org

If you have concerns about your baby's milk intake or if you need breastfeeding assistance, please contact any of the Community Breastfeeding Resources listed in this pamphlet.