

# Where to Get Breastfeeding Help

## Simcoe Muskoka District Health Unit:

**HEALTH CONNECTION** (Monday to Friday, 8:30am-6:00pm)  
721-7520 or 1-877-721-7520

- talk one-to-one with a Public Health Nurse
- ask about a home visit with a Public Health Nurse
- find out more about 'The Breastfeeding Place'
- find out about Prenatal Breastfeeding Classes
- get connected with other resources in your community

HOSPITALS	Telephone support and advice	
<b>Royal Victoria Hospital</b> (Barrie)	728-9802 ext. 4743	Voice mail messages are returned daily
<b>Hurononia District Hospital</b> (Midland)	526-3751 ext. 3595	24 hours/day
<b>Collingwood General &amp; Marine Hospital</b>	444-8618	24 hours/day
<b>Orillia Soldiers' Memorial Hospital</b>	325-2201 ext. 3667	24 hours/day
<b>Stevenson Memorial Hospital</b> (Alliston)	435-6281 ext. 235	24 hours/day
DROP-IN PROGRAMS	Peer and Public Health Nurse support	
<b>The Breastfeeding Place</b> 5 locations across Simcoe County Alliston Barrie Collingwood Midland Orillia	Health Connection 721-7520 1-877-721-7520	Call for locations and times

BREASTFEEDING CLINICS	Assessment and treatment of breastfeeding problems	
<b>Royal Victoria Hospital</b>	728-9802 ext. 4743	Tues. and Fri. 11am-3pm (Appointments are available outside clinic hours)
<b>Orillia Soldiers' Memorial Hospital</b>	325-2201 ext. 3573	Mon. to Fri. 10:30am-1:30pm (by appointment only)
<b>Breastfeeding Clinics outside Simcoe County</b>	Call Health Connection for clinics in your area.	
HEALTH CARE PROVIDERS		
<b>Family Physician</b>	Call Health Connection to discuss breastfeeding supports available in your community.	
<b>Midwife</b>		
<b>Nurse</b>		
OTHER		
<b>Telehealth Ontario</b>	1-866-797-0000	Free access to Registered Nurses 24/hrs/day, 7 days a week.
<b>Lactation Consultant</b>	Call your local information centre for lactation consultants in your community.	
<b>La Leche League</b>	1-800-665-4324	

SIMCOE MUSKOKA DISTRICT HEALTH UNIT  
CALL OR CLICK:  
**HEALTH CONNECTION**  
*Your Link to Health Information*  
■ 721-7520 ■ 1-877-721-7520  
■ [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)

# Breastfeeding Your Baby



## The Early Days

- How will I know breastfeeding is going well?
- How will I know my baby is getting enough?
- When should I get help with breastfeeding?

SIMCOE MUSKOKA  
DISTRICT  
HEALTH UNIT

# Breastfeeding Tips

- Breastfeed often.**  
 Young babies nurse 8-12 times in 24 hours. (Some will nurse once every 2-3 hours, others will nurse several times in a short period and then go for a longer stretch of time before the next feeding).  
 Note: Young babies should not have more than one 4-5 hour sleep in 24 hours.
- Feed your baby before he/she is crying loudly.**  
 Some early signs your baby is hungry may be:
  - ✓ rapid eye movement under the eyelids
  - ✓ making small sounds
  - ✓ stretching or increased body movement
  - ✓ sucking and licking
  - ✓ putting hands into mouth
- Do not give your baby soothers or bottles before 4 - 6 weeks.**  
 Giving a soother or bottle too early can cause breastfeeding problems for baby and mom.
- Give your baby only breast milk.**  
 No other drinks or food are needed for a healthy baby until about 6 months of age. For more information about feeding your baby call Health Connection for 'Baby's First Menu' fact sheet.
- Get help with breastfeeding.**  
 See reverse, 'Where to Get Breastfeeding Help'.
- Keep in mind...every baby and mom is unique!**

# Is my baby getting enough breast milk?

It's easy to tell your baby is getting enough. Use the chart below as a guide.

<i>Age</i>	<i>Wet Diapers (each day)</i>	<i>Dirty Diapers (each day)</i>
1 day old	<ul style="list-style-type: none"> <li>at least 1 wet diaper (put a tissue in the diaper to help you know when baby has passed urine)</li> </ul>	<ul style="list-style-type: none"> <li>at least 1-2 sticky dark green/black stools</li> </ul>
2 days old	<ul style="list-style-type: none"> <li>at least 2 wet diapers</li> </ul>	<ul style="list-style-type: none"> <li>at least 1-2 sticky dark green/black stools</li> </ul>
3 days old	<ul style="list-style-type: none"> <li>at least 3 <b>heavy</b> wet diapers (a heavy wet diaper feels like at least 4-5 tablespoons or 60-75 ml of water poured on a dry diaper)</li> </ul>	<ul style="list-style-type: none"> <li>at least 2-3 brown/green/yellow stools</li> </ul>
4 days old	<ul style="list-style-type: none"> <li>at least 4 <b>heavy</b> wet diapers</li> </ul>	<ul style="list-style-type: none"> <li>at least 2-3 brown/green/yellow stools</li> </ul>
5 days old	<ul style="list-style-type: none"> <li>at least 5 <b>heavy</b> wet diapers</li> </ul>	<ul style="list-style-type: none"> <li>at least 2-3 stools, getting more yellow</li> </ul>
6 days old and after	<ul style="list-style-type: none"> <li>at least 6 <b>heavy</b> wet diapers</li> </ul>	<ul style="list-style-type: none"> <li>at least 2-3 large yellow stools</li> </ul>
<b>Important:</b> <ul style="list-style-type: none"> <li>➤ At all ages urine should be clear to pale yellow with almost no smell.</li> <li>➤ After one month baby may have one stool every 1-7 days. This is normal as long as stool is soft and baby is healthy. It is also normal for some breastfed babies to have many stools a day.</li> </ul>		

# Is breastfeeding going well?

It's easy to tell breastfeeding is going well. Use the following checklist as a guide. \*

- My baby is feeding 8-12 times every 24 hours.
- My baby has enough wet and dirty diapers. (*See chart*).
- My baby's mouth is wet and pink.
- My baby's eyes look bright and awake.
- My baby is active and has a loud cry.
- My baby is relaxed and sleepy after breastfeeding.
- My breasts feel softer after breastfeeding.
- My baby returns to birth weight by 2-3 weeks.
- I have no nipple or breast pain.

*\*If you do not check all of the above, get help with breastfeeding.*

### *\*Get help right away if:*

- your baby does not have enough wet and dirty diapers
- baby's urine is dark yellow
- baby's lips and inside of mouth seem dry
- your baby has a fever (temperature greater than 37.5 °C under the arm)
- you are concerned about your baby

\* See reverse for 'Where to Get Breastfeeding Help'.