

Remember to get a good start on breastfeeding.

- ✓ Breastfeed early (within the first 60 minutes).
- ✓ Breastfeed only

*Health Unit Phone Numbers:*

Abbotsford	604-864-3400
Agassiz	604-793-7160
Burnaby	604-918-7605
Chilliwack	604-702-4900
Cloverdale	604-575-5100
Guildford	604-587-4750
Hope	604-860-7630
Langley	604-539-2900
Maple Ridge	604-476-7000
Mission	604-814-5500
New Westminster	604-777-6740
Newport, Port Moody	604-949-7200
Newton	604-592-2000
North Delta	604-507-5400
North Surrey	604-587-7900
Port Coquitlam	604-777-8700
South Delta	604-952-3550
White Rock	604-542-4000

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[www.fraserhealth.ca](http://www.fraserhealth.ca)



## What Do You Know About Breastfeeding?



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## Breastfeeding Road to Success

- Learn about it: Call your local health unit for breastfeeding information even before baby is born (*phone numbers on back page*)
- Speak to a Public Health nurse in your area if classes aren't available
- Complete a **Mother Baby Feeding Plan** to take to the hospital
- Think **early**: provide skin-to-skin contact and breastfeeding immediately after birth
- Think **exclusive**: make breast milk baby's only food for the first six months. It is best for keeping baby and mother healthy!
- Think **often**: exclusively breastfeed newborn at least 8 times in 24 hours, or every 1 ½ - 3 hours
- Start adding solid foods at six months and breastfeed up to two years and beyond.
- Get Help: If your baby is not latching or it hurts too much to latch
  - Pump or hand express every 3-4 hours (learn about expressing your milk by hand in "Baby's Best Chance.")
  - Call your local Public Health nurse (if not available call 811). Talk to your Public Health nurse about effective pumps.

## Helpful Websites

### General Breastfeeding Information:

Best Chance: BC Health website  
<http://www.bestchance.gov.bc.ca/>

Dianne Wiessinger, IBCLC  
[www.normalfed.com](http://www.normalfed.com)

[www.kellymom.com](http://www.kellymom.com)

LaLeche League [www.lllc.ca](http://www.lllc.ca)

Dr. Jack Newman:  
[www.drjacknewman.com](http://www.drjacknewman.com)

### Health and Breastfeeding

Academy of Breastfeeding Medicine:  
[www.bfmed.org](http://www.bfmed.org)

### Breastfeeding & Medications

<http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>

Breastfeeding after Breast or Nipple Surgery  
[www.BFAR.org](http://www.BFAR.org)

Fraser Health Website  
[www.fraserhealth.ca](http://www.fraserhealth.ca)