

BREASTFEEDING CLINIC



Our **FREE** breastfeeding clinic can provide you with information and support to give you the confidence to know your baby is breastfeeding well.

What to expect during your visit:

- Observation of a breastfeed
- Opportunity to ask questions
- Guidance about infant feeding cues, frequency and length of breastfeeds, and signs of effective breastfeeding
- Strategies to assist with common breastfeeding challenges
- Assessment of your baby to ensure he/she is growing well and meeting normal growth and development milestones



Consultations are **one-on-one** with Registered Nurses who are trained to provide support to breastfeeding families.

Breastfeeding Clinics

are available at the following Health Unit locations:

Carleton Place: 351 Bridge St.
Tuesday 9:30am - 11:30am

Brockville: 458 Laurier Blvd.
Monday, Wednesday & Friday 9:30am - 12:00pm
*Please use the clinic entrance located at the west side of the building

Smiths Falls: 25 Johnston St.
Monday & Friday 9:30am - 12:00pm
*Please use the main entrance of the building

Perth: 1 Sherbrooke St., Suite 160
Thursday 2:00pm - 4:00pm
*Please use the clinic entrance located on the main floor of the building

You may **drop in** during these times **OR** **make an appointment** by calling the **Health ACTION Line** 1-800-660-5853

*In addition, breastfeeding support is also available by appointment at our other service sites in Almonte, Kemptville, and Gananoque.



For information about other breastfeeding supports in your community, please visit our website at www.healthunit.org or call the **Health ACTION Line** 1-800-660-5853

