

# Haldimand-Norfolk Breastfeeding Buddies

Would you like to receive breastfeeding support from another mom?

We can:

- Match you to another mother who has recent experience with breastfeeding. She will act as a breastfeeding buddy to provide tips and encouragement.

The support will include:

- Phone calls or text messages for up to a year
- No cost
- A link or referral to a public health nurse if needed

All Breastfeeding Buddies:

- Have breastfed their own babies for at least six months
- Have been screened by volunteer coordinator
- Have successfully passed a 20 hour breastfeeding course recognized by the World Health Organization

To learn more or to sign-up call, 519-587-2441 Ext. 356.

# Information on Breastfeeding

For additional information on breastfeeding here are a few examples of resources:

- Haldimand-Norfolk Health Unit:  
**[www.hnhu.org/breastfeeding](http://www.hnhu.org/breastfeeding)**
- *Breastfeeding Matters* book by Best Start: to download a copy visit **[www.beststart.org](http://www.beststart.org)** and search "Breastfeeding Matters" or get a free copy by calling the Health Unit at 905-318-6623 or 519-426-6170 Ext. 3250
- Breastfeeding Information for Parents: Interactive website with everything you need to know about breastfeeding including common concerns and videos.  
**[www.breastfeedinginfoforparents.ca](http://www.breastfeedinginfoforparents.ca)**

Updated February 2020

**Health and Social Services**  
Haldimand and Norfolk

[www.hnhss.ca](http://www.hnhss.ca)  
[info@hnhss.ca](mailto:info@hnhss.ca)

access  
**NORFOLK**  
Accessible  
formats  
available



**Simcoe:**  
P.O. Box 247,  
12 Gilbertson Dr.,  
Simcoe, ON N3Y 4L1  
519-426-6170 or 905.318.6623

**Caledonia:**  
282 Argyle St. S,  
Caledonia, ON  
N3W 1K7  
905.318.6623

# Breastfeeding Resources in your Area



**Health and Social Services**  
Haldimand and Norfolk

[www.hnhu.org/breastfeeding](http://www.hnhu.org/breastfeeding)



## One-on-one Support with Breastfeeding

The Public Health Unit's Nurses can provide one-on-one support with breastfeeding or other concerns related to the health of your baby.

To talk to a Public Health Nurse or to arrange a home visit call **519-426-6170** or **905-318-6623** and ask for a Maternal and Child Health nurse.



## Well Baby and Breastfeeding Drop-In

Discuss and connect with other families and health care professionals about your baby's growth and development. Have the opportunity to speak to a Public Health Nurse about breastfeeding and any other questions or concerns you might be having about your baby.

### Location and Hours

**Drop-in anytime! For more information call the EarlyON Centre at 1-866-463-2759.**

#### Caledonia

1st Tuesday of the month:  
9:30 to 10:30 a.m.  
(except not on the 1st  
Tuesday of the month)  
EarlyON Centre,  
35 Braemar Avenue  
(*Notre Dame School*)

#### Dunnville

Thursdays 9:30 to 11:30 a.m.  
EarlyON Centre,  
223 Fairview Ave. West  
(*Mapleview Public School*)

#### Simcoe

Wednesdays 9:30 to 11:30 a.m.  
EarlyON Centre  
12 Colborne St. North

#### Hagersville

1st Tuesday of the month  
11 a.m. to 12 p.m.  
EarlyON Centre  
Hagersville Secondary School

## Breastfeeding Services in Ontario

Search for breastfeeding services in your area using your postal code at: [www.ontariobreastfeeds.ca](http://www.ontariobreastfeeds.ca)

## Telehealth Ontario 24/7 Breastfeeding Supports

*A free over the phone service provided by Registered Nurses who've had training in breastfeeding.*

Support available 24 hours a day, 7 days a week.

For more complex situations, lactation experts also available.

Anyone welcome to call.

**Call toll free: 1-866-797-0000**

