



## Infant Feeding Practices in Haldimand and Norfolk

In 2014 the Haldimand-Norfolk Health Unit contacted women who gave birth to ask about how they were feeding their baby. Women were surveyed shortly after discharge from the hospital, at 2 weeks and 6 months.

### Quick Facts (2014):

- There were **1,068 live births** in Haldimand and Norfolk
- **85.7%** of mothers **started breastfeeding** their baby at birth
- **63.4%** of mothers were breastfeeding exclusively at discharge from the hospital but only **44.2%** were still exclusively breastfeeding when contacted shortly after discharge
- **20.4%** of mothers were exclusively breastfeeding their baby at **6 months**
- The top **breastfeeding concerns** reported were: baby not latching well, sore nipples and not enough milk
- Over **50%** of babies were given solid foods at **5 months or younger**

Exclusive breastfeeding is recommended for the first 6 months. At 6 months, babies should be given complementary solid foods along with continued breastfeeding for up to 2 years and beyond.



The Health Unit offers many supports for families to help with feeding their baby such as one-on-one support and Well Baby and Breastfeeding Drop-ins. Visit [www.hnhu.org](http://www.hnhu.org) for more information.



Exclusive breastfeeding is when a baby is fed only breast milk and no other liquids or solids.

