

Breastfeeding COMMUNITY SUPPORTS

YORK REGION COMMUNITY and HEALTH SERVICES Breastfeeding Clinics

Breastfeeding clinics offer one-on-one support and information to nursing mothers. Clinics are staffed by Public Health Nurses and International Board Certified Lactation Consultants (IBCLC).

By appointment only
1-800-361-5653

Markham
4261 Highway 7 East

Newmarket
Tannery Mall, 465 Davis Drive

Richmond Hill
50 High Tech Road, Second Floor

Other Breastfeeding Supports and Clinics

La Leche League Canada
416 483-3368
www.lllc.ca

**Markham Stouffville Hospital
Breastfeeding Clinic**
905 472-7534

By appointment only

**Southlake Regional Health Centre
Breastfeeding Clinic**
905 895-4521 ext. 2665
By appointment only

Motherisk
416 813-6780



LOOK FOR THESE DECALS IN THE COMMUNITY

For support and more
information contact York Region

Health Connection
1-800-361-5653
www.york.ca



Breastfeeding:

AN INVESTMENT IN OUR FUTURE



Breastfeeding benefits us all!

Breastfeeding is the natural way to feed a baby. Not breastfeeding has health effects for the mother and baby.

- Children who are not breastfed have a greater risk of infectious diseases, chronic diseases, Sudden Infant Death Syndrome, obesity and certain childhood cancers
- Women who do not breastfeed have a greater risk of post partum hemorrhage, breast and ovarian cancers, osteoporosis, and may experience less postpartum weight loss
- Breastfeeding is environmentally friendly and cost effective for families and the health care system
- Breastfeeding ensures that children have access at all times to sufficient food and nutrition by removing the need to prepare formula, especially during times of natural disasters or power failure where access to clean supplies and water is limited
- Children who are breastfed have lower rates of illness which means that parents of breastfed children may miss work less often to care for sick children
- Health Canada and the Canadian Paediatric Society recommend exclusive breastfeeding for the first six months of life, with the introduction of nutrient-rich solid foods and continued breastfeeding for up to two years and beyond

Parents are encouraged to make informed infant feeding choices that they feel are best for their family. York Region Community and Health Services support families in these decisions and are available to provide instruction and information regarding infant feeding.



You have the right to breastfeed anytime, anywhere

Nursing mothers have the right to breastfeed a child in any public place

- The Ontario Human Rights Commission states that women have the right to breastfeed their children undisturbed in any public area or restaurant. It is violating a woman's human rights to ask her to move to another location or to "cover up"
- For more information about your right to breastfeed in a public place, or to lodge a complaint, contact the Ontario Human Rights Commission at **1-800-387-9080** or visit www.ohrc.on.ca

Supporting breastfeeding is everyone's business. Healthy women and children equal healthy, more productive communities.



LOOK FOR THESE POSTERS THROUGHOUT THE COMMUNITY PROMOTING THE RIGHT TO BREASTFEED ON THE GO – ANYTIME... ANYWHERE!