



Breastfeeding Resources in Newfoundland and Labrador

Find a Local Family Resource Centre Near You

- Find a wealth of resources & supports about breastfeeding. Find a centre closest to you by using the link below. Programs vary per centre.
- <https://www.childcare.gov.nl.ca/public/ccr/centres>

Day Break Parenting Program-FASD Family Support Group

- Telephone- 1-709-726-8373
- Email- dswyers@daybreakcentre.com
- <http://daybreakcentre.com/programs/parent-program/>

Inuit Specific Breastfeeding Website

- <https://livehealthy.gov.nu.ca/en/healthy-eating/nutrition-pregnant-women-and-babies/newborn-nutrition-birth-six-months-old>

Baby Friendly NL

- Videos, resources for breastfeeding individuals and supporters of those breastfeeding, support groups, lactation consultants, and health care professionals.
- Telephone- 811
- <https://babyfriendlynl.ca>

Article- “Supporting Breastfeeding in Rural Newfoundland and Labrador Communities During COVID-19” for Practitioners

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8086964/>

Healthy Baby Clubs

- Healthy Baby Club is a prenatal nutrition and education support program offered through community-based family resource centres, which provides post-natal support.
- <https://www.gov.nl.ca/education/childcare/healthy-baby-clubs/>

Eastern Health- Breastfeeding Support

- <https://hi.easternhealth.ca/healthy-living/breastfeeding>



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Labrador Grenfell- Breastfeeding Support

- <https://www.lghealth.ca/your-health/programs-and-services/population-health/community-health/healthyfamilies/breastfeeding/>

Western Health- Breastfeeding Support

- <https://westernhealth.nl.ca/index.php/breastfeeding>

Central Health-Breastfeeding Support

- <https://www.centralhealth.nl.ca/maternal-child-care-pediatrics>

211 Newfoundland

- Find community, government and social services depending on your specific needs.
- Telephone- 211
- <https://nl.211.ca/>



For more information...

To learn more about resources available in each Atlantic province, visit www.fasdNL.ca/resources.