



# Breastfeeding Resources in Nova Scotia

## 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://novascotia.ca/coms/families/prevention-and-early-intervention/family-resource-centres.html>

## Breastfeeding and Baby-Friendly Initiative

- The Baby Friendly Initiative works with health services to improve practice so that parents are enabled and supported to make informed choices about how they feed and care for their babies.
- Telephone-1-902-470-8888
- Toll Free- 1-888-470-5888
- <https://www.iwk.nshealth.ca/women-and-newborns-health/baby-friendly-initiative>

## Healthy Eating Nova Scotia- Breastfeeding, pages 13-15

- <https://novascotia.ca/dhw/healthy-communities/documents/Provincial-Healthy-Eating-Strategy.pdf>

## Breastfeeding Basics

- <https://novascotia.ca/dhw/healthy-communities/documents/Breastfeeding-Basics.pdf>

## Halifax- Breastfeeding Community of Practice

- <http://www.breastfeedingcop.com>
- Email- [breastfeedingcop@gmail.com](mailto:breastfeedingcop@gmail.com)

## South Shore Collaborative Breastfeeding Network

- Breastfeeding Support with Board Certified Lactation Consultants.
- Telephone-1-902-543-0856
- After Hours- 1-902-527-5214
- Email- [breastfeedingnetwork@ssdha.nshealth.ca](mailto:breastfeedingnetwork@ssdha.nshealth.ca)

## Pregnancy Education and Support

- <https://novascotia.cmha.ca/womens-mental-health-wellness/support-options/pregnancy-education-support-needs-nova-scotia/>



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## Podcast- Beyond Breast is Best: Infant Feeding in Nova Scotia & Cambodia

- <https://researchns.ca/episode3/>

## 211 NS

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

## Mental Health and Addiction Services Nova Scotia

- Telephone- 1-855-922-1122 (Intake)
- <https://mha.nshealth.ca/en>



For more information...

To learn more about resources available in each Atlantic province, visit [www.fasdNL.ca/resources](http://www.fasdNL.ca/resources).