

To help slow the rate of COVID-19 infection, Toronto Public Health (TPH) has scaled back the delivery of many services. The following information can be found on our website to support families to learn more about breastfeeding and feeding your baby.

## **TPH Breastfeeding Your Baby Resources**

**Breastfeeding Your Baby booklet (also available in different languages)**

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/>

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/breastfeeding-your-baby/>

**Learning to Breastfeed**

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/breastfeeding-your-baby/learning-to-breastfeed/>

- Holding your baby skin to skin  
(**video:** Admission to Postpartum Keeping your baby skin to skin)
- Baby-Led Latching
- Your baby's latch  
(**video:** Latching your baby)
- Breastfeeding Positions  
(**video:** Breastfeeding Positions)
- Breastfeeding Positions for Multiples

**Signs of Breastfeeding Well**

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/breastfeeding-your-baby/signs-of-breastfeeding-well/>

March 20, 2020

- A Good Latch  
(**video:** Baby's Feeding Cues and Behaviours)
- Wet diapers and stools
- Weight Gain
- Other Signs

### As Your Child Grows

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/breastfeeding-your-baby/as-your-child-grows/>

- Birth to Six Weeks  
(**video:** Baby's Feeding Cues and Behaviours)
- Six weeks to six months
- Six months and beyond

### Family and Friends can Make Breastfeeding a Success

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/breastfeeding-your-baby/as-your-child-grows/family-and-friends-can-make-breastfeeding-a-success/>

### Caring for Your Breasts

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/breastfeeding-your-baby/caring-for-your-breasts/>

- General Breast Care
- Caring for Sore/Painful Nipples
- Caring for Hard Breasts

### Caring for Yourself while Breastfeeding

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/breastfeeding-your-baby/caring-for-yourself/>

- Healthy Eating

March 20, 2020

- Contraception (birth control)  
Sexual Health Infoline Ontario 416-392-2437
- Medication

### Feeding Your Baby in an Emergency

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/breastfeeding-your-baby/feeding-your-baby-in-an-emergency/>

### Expressing Breast Milk

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/expressing-breast-milk/>

- How to express breast milk
- Express breast milk by hand  
(**video**: Hand expressing milk)
- Express Breast Milk by Pump
- Donating your extra breast milk

### Storing Expressed Breast Milk

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/expressing-breast-milk/storing-expressed-breast-milk/>

### Thawing Frozen Breast Milk

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/expressing-breast-milk/thawing-frozen-breast-milk/>

### Sterilizing Equipment

March 20, 2020

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/expressing-breast-milk/sterilizing-equipment/>

**Other resources\*:**

\*These support services are subject to change; please encourage clients to call ahead before attending.

1) North York General Hospital - video consults available; open to all clients (OHIP required).

Call for appointment - Telephone: 416-756-6410 or [book online](#)  
7 days/week: 8 a.m. – 4 p.m.

2) Black Creek Community Health Centre - telephone support through Lactation Consultant. Open to all.

Call for appointment: 416-249-8000

3) TPH breastfeeding service website:

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/services/breastfeeding-clinics/>

March 20, 2020