






Community resources in the Outaouais region

You will find in the community some support offered from peer to peer or by groups specialized in breastfeeding and parenting

 <p>NAISSANCE – RENAISSANCE OUTAOUAIS</p> <p>(Nourri-Lait)</p> <p>Godmothering, and Breastfeeding Drop-Ins with access to a lactation consultant, rental and sale of breast pumps and accessories for breastfeeding.</p> <p>819-561-5248 or www.nroutaouais.ca/en/</p>	 <p>Maison de la Famille de Gatineau</p> <p>101, Avenue Gatineau Gatineau (Québec), Canada J8T 4J4</p> <p>https://www.maisonfg.org/</p> <p>819-568-6830</p>
 <p>MAISON DE LA FAMILLE VALLÉE-DE-LA-LIÈVRE</p> <p>321, Av. de Buckingham, Gatineau J8L 2G4</p> <p>819-281-4359</p> <p>https://mdf-valleedelalievre.ca/</p>	<p>Maison de la Famille</p> <p>Maniwaki 819-441-0282</p> <p>Gracefield 819-463-1343</p>  <p>Centre de Godmothering in Breastfeeding pédiatrie sociale</p> <p>• Vallée-de-la-Gatineau •</p>
 <p>LA LECHE LEAGUE CANADA</p> <p>Breastfeeding support hotline. Monthly information and support sessions</p> <p>https://www.lllc.ca/lllc-gatineau</p> <p>613-238-5919</p>	 <p>Maison de la Famille Petite-Nation</p> <p>14 rue Hubert St-Louis Saint-André Avellin, J0V1W0</p> <p>819 983-4384</p> <p>https://maisonfamillep-n.wixsite.com/maisonfamillep-n</p>

Private counseling service in the Outaouais region



IBCLC-certified lactation consultants.
Private or at-home counseling. Antenatal
breastfeeding preparation.

To get in touch with an IBCLC, visit

www.laitdevie.ca
or call: 819-500-3081



The *Tiny Milk Run* in the Outaouais region

The Tiny Milk Run was created so that breastfeeding parents in the region would feel welcome to breastfeed anywhere at anytime! This initiative aims to encourage breastfeeding openly in a public setting, which is a right protected by the Canadian Charter of rights and Freedoms.

How does it work?

The businesses and organizations that take part in the Tiny Milk Run displays the above logo at their door. When you see this international logo, you know that you can find a welcoming and comfortable place in the building where you can breastfeed your baby without any purchase required on your part.

To find locations or for more information, visit:

- www.facebook.com/AllaiterenOutaouais (in French only)
- <http://santepublique-outaouais.qc.ca/en/news/toddlers/breastfeeding/breastfeeding-support-program/> (in French, but there is a link to an English pamphlet at the bottom of the page)

Reliable Internet Resources

- <https://naitreetgrandir.com/en/> (Mobile App also available on App store and Google Play)
- https://globalhealthmedia.org/language/english/?_sft_topic=breastfeeding

Videos: Attaching your baby at the breast and How to express milk

- <https://www.chusj.org/fr/soins-services/A/Allaitement/Du-soutien-durant-l-allaitement/AllaitWeb> French only
- <https://nourri-source.org/en/>
- <https://www.inspq.qc.ca/en/tiny-tot/consult-the-guide>
- <https://promotionsante.chusj.org/fr/Boite-a-outils>
- <https://www.jgh.ca/care-services/goldman-herzl-family-practice-centre/herzl-goldfarb-breastfeeding-clinic/> patient information materials on breastfeeding
- <https://kellymom.com/> Parenting and Breastfeeding
- <https://ibconline.ca/> International Breastfeeding Center