

BREASTFEEDING RESOURCES

Community Resources

Trained support people

Community workers and volunteers who provide breastfeeding support have received basic education and training to enable them to answer a wide range of questions. They can also identify common breastfeeding difficulties and suggest solutions.

Peer support

Peer support has a proven positive effect on breastfeeding duration and exclusivity.^{1,2} Breastfeeding volunteers have personal experience and provide support to help other breastfeeding parents reach their goals. Peer supporters may provide remote, virtual, or in-person services individually or in groups. Optimal results are associated with programs connecting an expectant parent with a volunteer during pregnancy.

Where to find community breastfeeding support services

In Quebec, search by region:

mouvementallaitement.org/ressources

In other locations in Canada:

safelyfed.ca/canadian-breastfeeding-resources

References

1. Dennis CL. (2002). Breastfeeding initiation and duration: a 1990-2000 literature review. *J Obstet Gynecol Neonatal Nurs* 31(1):12-32. <https://doi.org/10.1111/j.1552-6909.2002.tb00019.x>
2. McFadden A, et al. (2017). Support for healthy breastfeeding mothers with healthy term babies. *Cochrane Database Syst Rev* 2(2):CD001141. <https://doi.org/10.1002/14651858.cd001141.pub5>

When to access these resources?

Any time! Whether parents have a quick question or are worried about a particular situation, such as being separated from their child or weaning, breastfeeding support people can help.

Are their services limited to breastfeeding support?

The range of services provided by community support people varies. They can also suggest reliable sources of information and services to help with parenting and nutrition questions.

Lactation Consultants (IBCLCs)

Certified professionals

Board Certified Lactation Consultants (IBCLCs) are specialists in breastfeeding who have clinical expertise. IBCLCs are certified by the International Board of Lactation Consultant Examiners.

Specialized services

IBCLCs work within a professional framework that includes a scope of practice and a code of ethics. They are qualified to conduct comprehensive examinations to resolve persistent or complex breastfeeding issues. An IBCLC may work for a health authority, a community organization, a pharmacy, a specialized breastfeeding clinic, or a medical clinic, or they may have a private practice.



Your breastfeeding friendly resource
MouvementAllaitement.org