



Resources that offer help and support in person, on the phone or on the internet.

[Breastfeeding](#)

[The Best Start Resource Centre](#) (English)

[The Best Start Resource Centre](#) (French)

[La Leche League Canada](#) : llcottawa@gmail.com Ottawa area 613-238-5919 or 1-800-665-4324

[Ottawa Breastfeeds](#)

[Alcohol and Pregnancy/Breastfeeding](#)

[Smoking/Tobacco](#)

Breastfeeding Matters Book in various languages

[English](#)

[French](#)

[Arabic](#)

[Somali](#)

[Spanish](#)

[Infant Formula: What you need to know](#)

[English](#)

[French](#)

[Somali](#)

[Soothing Babies when crying](#)



Skin-to-skin care:

[Comparing Skin-to-Skin Contact](#)

[Safe Positioning for Skin-to-Skin Contact](#)

Breastfeeding Resources Ontario has a [skin-to-skin video](#) if you would like to explore further.

[Ottawa Public Health Parenting in Ottawa \(English\)](#)

[Ottawa Public Health Parenting in Ottawa \(French\)](#)

[Ottawa Public Health: Facts on Infant Feeding in Ottawa](#)

[Tips for Feeding Formula](#)

[Telehealth Ontario](#) - free access to a registered nurse 24 hours, call 1-866-797-0000

[Information about drugs and medication](#) or call 1-877-439-2744

[INFACT Canada](#)

[Ontario Public Health](#)