Infant Feeding Links and Resources

Please Note: These are resource lists for health professionals. If you are a lactating mother/person or caregiver and have questions or concerns, please call HealthLinkBC at 8-1-1 to speak with a registered dietitian or nurse.

Consultation

- **Health Authority & Community:** Lactation and infant feeding support is available through public health, health care, and community services throughout BC. Availability may vary by community and health authority.
  - Find health services and community resources in your area: Find Health Services (HealthLink BC)
- **BC Women's Breastfeeding Clinic:** Clinical support for lactation and infant feeding (inpatient and outpatient); no referral needed. Telephone consultation for health-care providers in BC
  - Breastfeeding Clinic (BC Women's Hospital)
    - Mon–Fri 8:00-4:00pm
    - Phone: (604)-875-4200
    - Pager: 01445/01767
- **BC Lactation Consultants:** A list of IBCLC's in BC Find Health Services (HealthLink BC)

General Resources

- **Lactation and Newborn Feeding:** Perinatal Services BC Health Hub
  - First/Second Trimester Lactation and Newborn Feeding Support
  - Third Trimester Lactation and Newborn Feeding Support
  - Post-partum Lactation and Newborn Feeding Support
  - Postnatal Assessment and Care Guide
- **Protocols:** Academy of Breastfeeding Medicine (ABM)
- **Breastfeeding or Chestfeeding Assessment and Management:** Physician Breastfeeding Guide (Breastfeeding Change)
- **Gender-Affirming Infant Feeding Care:** Gender-Affirming Approach to Infant Feeding offers guidance on providing inclusive infant feeding care for transgender, Two-Spirit, and non-binary individuals.

Medications, Tests, Treatments

- **Drugs and Lactation Database:** LactMed, National Center for Biotechnology Information
- **Intravascular Contrast for Imaging Procedures:**
  - ACR Manual on Contrast Media (American College of Radiology)
  - Patient Fact Sheet (Vancouver Coastal Health)
- **The Provincial Reproductive Mental Health Outpatient Clinic:** Clinical support, including medication and lactation consultation for physicians
  - Provincial Reproductive Mental Health Program (BC Women's Hospital)
    - Mon–Fri 9:00-4:30pm
    - Phone: (604)-875-2025

Resources for Families

- **Parent Handouts:** Covering a variety of clinical topics (Academy of Breastfeeding Medicine)
  - Hypoglycemia: Low Blood Sugar in Newborns
  - Bedsharing and Breastfeeding
  - Breastfeeding and Substance Use
  - Physiologic Infant Care: Supporting Breastfeeding, Sleep, and Well-being
  - Mastitis
- **Baby's Best Chance:** Parents' Handbook of Pregnancy and Baby Care (HealthLink BC)
  - Available in English, French, Farsi, Punjabi, Arabic, Chinese, Spanish, Tagalog
- **Breastfeeding or Chestfeeding Wellness Teachings:** for Mothers, Families and Communities (FNHA)
- **Pregnancy and Parenting Resources** (HealthLink BC)
  - Breastfeeding or Chestfeeding
  - Feeding Your Baby: Preparing for an Emergency
  - Feeding Your Baby: During for an Emergency
  - ***For more information, call HealthLinkBC at 8-1-1 to speak with a registered dietitian or nurse.***
- **LLLC Group Listings Directory** (La Leche League Canada)
  - Peer-to-peer support groups and individual consultation across BC.
- **Informal (Peer-to-Peer) Human Milk Sharing Family Information Sheet** (Perinatal Services BC)
- **Breastfeeding Your Preterm Baby Booklet** (Perinatal Services BC)
- **Learning Centre** (Perinatal Services BC)
  - An interactive, online prenatal learning tool for soon-to-be and new parents and caregivers.
- **Deciding How to Feed Your Baby Resource** (Perinatal Services BC)
  - A fillable form for writing down any newborn feeding questions that you might have. Explore these with your health-care circle at any time during your pregnancy.

Resources for Families (continuation)

- **Baby Feeding Cues Poster** (Perinatal Services BC)
  - Provides examples of visual signs for when their baby is hungry and how to respond to their baby's feeding cue.
- **Storage and Preparation of Human Milk Resource** (Perinatal Services BC)
  - Storage and Preparation of Human Milk resource provides practical, step-by-step guidance to help you safely express, store, and prepare human milk. It also includes instructions for cleaning and disinfecting feeding equipment to support your baby's health.
- **NESTS for Well-Being Tool** (Perinatal Services BC)
  - An easy-to-use tool to help identify ideas, strengths, and supports that promote health and well-being.
- **Infant Feeding Resources** (Trans Care BC)
  - Guidance on infant feeding options, including bodyfeeding, pumping, supplemental feeding, and co-feeding.
- **Pacific Post Partum Support Society**
- **FNHA Mental Health and Wellness Supports** (FNHA)
- **Ministry of Health and Wellness** (Métis Nation British Columbia)
- **Module 4: Mental Health and Well-Being Module in Postpartum & Newborn Care Online** (Perinatal Services BC)
  - There is a large list of resources for families at the end of this learning module.