



COUNTY OF
LAMBTON

CHILD HEALTH & DENTAL SERVICES DEPARTMENT

160 Exmouth Street
Point Edward, ON N7T 7Z6
Telephone: 519 383-8331
Toll free 1-800-667-1839
Fax: 519 383-6078
www.lambtonhealth.on.ca

Support Services for Infant Feeding

Prenatal Breastfeeding Class

A lactation consultant from the County of Lambton Child Health & Dental Services Department teaches a monthly prenatal class on breastfeeding. This class discusses the benefits of breastfeeding, “how to” breastfeed, avoid problems and to get help when needed. The class is free, but registration is required. Call 519 383-8331 ext. 3557 or toll free 1-800-667-1839 to register.

One-to-One Help

Do you require one-to-one help? Call Jan Herbert, public health nurse and lactation consultant with Child Health and Dental Services at 519 383-8331 ext. 3564 or toll free 1-800-667-1839 to arrange a telephone, office or home visit. For more information and a video presentation visit Dr. Jack Newman at www.breastfeedinginc.ca

Infant Feeding

A public health nurse from Child Health & Dental Services is available to talk with you about any infant feeding concerns. Call 519-383-8331 ext. 3568, toll free 1-800-667-1839 or attend one of our regularly scheduled drop-in programs.

Other Community Resources for Breastfeeding Mothers

La Leche League Canada

La Leche League Canada is an international, non-profit organization of volunteers that provides education, information, support and encouragement to women who want to breastfeed.

Sarnia La Leche League Group Meetings

The Sarnia La Leche League group meets the 3rd Wednesday of every month from 6:30 p.m.-8 p.m. at Ontario Early Years Centre (OEYC), Lambton College, North Building, 1457 London Rd., Sarnia, adjacent to ECE Centre. Call Stephanie at 519 491-8514 during day or early evening hours. www.lllc.ca/lllc-sarnia

North Lambton Community Health Centre

59 King St., W., Forest - 519 786-4545

A community breast pump is available at North Lambton Community Health Centre, Forest and at Kettle Point Health Services for individuals living in North Lambton. Use of the breast pump is free, but you are required to purchase a \$20 tubing kit.

Parent Drop-in Program

This is a time when you can speak with a public health nurse, weigh your baby, find answers to your child care and feeding questions, and meet other parents in your community. For more information call 519 383-8331 or toll free 1-800-667-1839 ext. 3557. See below to download and view a PDF copy of drop-in programs.

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