Congratulations on your newborn! We know this is an exciting yet difficult time for new parents. Due to COVID-19, many of the regular community resources for new parents are not accessible or have limited availability, such as lactation consultant services, pump rentals, and community supports. We understand that and have put together a few resources for you.

In an effort to protect patients, families and staff, the Breastfeeding Drop-in Clinic at QCH is open, but by appointment only. The appointment times allow for proper distancing in the waiting room and in the clinic as per COVID guidelines. While you are in hospital, our Registered Lactation Consultants are available to families for assistance. Please use the following link for more information about booking an appointment for the Breastfeeding Support Clinic <https://www.qch.on.ca/OutpatientResources>

Below are some additional resources that can be accessed in the community:

* Call Ottawa Public Health’s Parenting phone line at 613-580-2424 ext. 23774 from 9:00-3:00 seven days a week or look online at [www.parentinginottawa.ca](http://www.parentinginottawa.ca)
* Community drop-in clinics are open, but by appointment only, at this time. Please go to [www.ottawabreastfeeds.ca](http://www.ottawabreastfeeds.ca) -Click on the drop-in clinic of your choice, then a calendar will appear and you can click on the different locations for further information on the support they are providing. This site will also give you access to private lactation and possible peer support that might be available.
* COVID-19 Infant Feeding information resources: <http://safelyfed.ca/covid19-resources/>
* Positioning and latching your baby <https://breastfeedingresourcesontario.ca/sites/default/files/pdf/BFI_Positioning_and_Latching_web3.pdf>
* Expressing, collecting and storing of human milk

<https://breastfeedingresourcesontario.ca/sites/default/files/pdf/BFI_expressing_storing_web2.pdf>

* Videos to support you with breastfeeding your baby:

<https://globalhealthmedia.org/videos/> Click on breastfeeding

* Maximizing breastfeeding and Relactation. Restarting lactation (relactation) - Baby Friendly UK: <https://www.unicef.org.uk/babyfriendly/maximising-breastmilk-and-re-lactation-guidance/>
* How to prepare formula: <https://resources.beststart.org/?s=formula>