



## Community Breastfeeding Resources

### Prince George

Although breastfeeding is the natural way to feed babies, it is a learning process for both parents and babies. A little support can help. In addition to the support you may receive from your doula, midwife, nurse practitioner, or doctor, and the staff in the maternity unit or NICU, you might want extra help. This pamphlet lists supports available from Northern Health (NH) and from other sources.

#### **NH breastfeeding supports in Prince George (PG)**

- **Primary Care Nursing services (Monday to Friday)**
  - Will contact you after you bring baby home from hospital
  - Can provide assessment, education, and infant feeding support
  - Can offer in-person visits in health unit, your home, or an alternate location
  - Maternity Home Visiting line: 250-645-8996 (Monday to Friday, 8:30 am to 4 pm)
  - On-Call line: 250-645-8963 (Monday to Friday, 9 am to 4 pm)
  
- **Breastfeeding support drop-in at Northern Interior Health Unit (2nd floor)**
  - Breastfeeding support from other parents and nurse
  - Every Thursday, 9:30-11:30 am
  - Phone: 250-645-8963
  
- **Lactation Consultant at UHNBC**
  - Phone: 250-565-2327 (Monday to Friday, 8 am to 2 pm)

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## Local and online support groups

- **La Leche League (LLL) PG**
  - Free, peer-to-peer breastfeeding support
  - Contact: Rowena Mills, LLLC Leader
    - Phone: 778-415-3186
    - Email: [prince.georgellc@gmail.com](mailto:prince.georgellc@gmail.com)
- **PG Breastfeeding Café**
  - Monthly meetings, and Facebook group: [Prince George Breastfeeding Café](#)
  - Contact: Jocelyn Logan, doula
    - Phone: 250-301-0052
    - Email: [jlo.logan5@gmail.com](mailto:jlo.logan5@gmail.com)
- **Baby's New Beginnings, Pregnancy Outreach Program**
  - Health and social services support for at-risk pregnant and postnatal women (up to 6 months after child birth)
  - Phone: 250-614-2229 (BABY)
- **La Leche League International (LLLI)**
  - Facebook group: [LLLI Breastfeeding Support Group](#), request to join

## Other supports

- PG Urgent Primary Care Center. Call before you go: 250-645-6900
- HealthLink BC. Call 8-1-1 to reach a nurse, dietitian, pharmacist or exercise professional
- Provincial Milk Bank. Learn about [Donating milk](#), or call 604-875-2424

## Online breastfeeding information and videos

### Websites

- Northern Health: [Breastfeeding and Human Milk](#), scan QR code
- HealthLink BC: [Breastfeeding](#)
- La Leche League: [Breastfeeding Info](#) and [Information sheets](#)



### Videos

- [Keeping Your Baby Skin-to-Skin](#) (HealthLink BC)
- [Baby's Feeding Cues and Behaviours](#) (HealthLink BC)
- [Breastfeeding Positions](#) (HealthLink BC)
- [Latching Your Baby](#) (HealthLink BC)
- [Hand Expressing Milk](#) (HealthLink BC)
- [Cup Feeding and Other Feeding Methods](#) (HealthLink BC)
- [Breastfeeding Videos](#) (Global Health Media, various languages)

### Booklet

- [Breastfeeding Matters](#) – An important guide to breastfeeding for women and their families (Best Start, Ontario)