

INFANT FEEDING CLINIC

Our **FREE** infant feeding clinic can provide you with information



and support to give you the confidence to know your baby is feeding well.

Consultations are **one-on-one** with registered nurses who are trained to provide infant feeding support to families.

What to expect during your visit:

- Prenatal education on making an informed decision around feeding your baby
- Observation of a feed
- Opportunity to ask questions
- Guidance about infant feeding cues, frequency and length of feeds
- Signs of effective breastfeeding
- Strategies to assist with common infant feeding challenges
- Assessment of your baby to ensure they are growing well and meeting normal growth and development milestones
- Education on the introduction of solids

Infant Feeding Clinics

are available at the following Health Unit locations:

By Appointment only.

Book online: www.healthunit.org/clinics-classes/infant-feeding-clinic/
or call 1-800-660-5853 ext. 2467

Almonte:

79 Spring St. Unit 2

*Use Entrance E

Brockville:

458 Laurier Blvd.

*Please use the clinic entrance located at the west side of the building

Carleton Place:

Carambeck Community Centre, 351 Bridge St.

Kemptville:

80 Shaver Cres.

Smiths Falls:

25 Johnston St.

*clinic entrance located at the west side of the building.



For information about infant feeding supports in your community, please visit our website at www.healthunit.org or call 1-800-660-5853 ext. 2467



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