

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 breastfeeding well.



Consultations are **one-on-one** with Registered Nurses who are trained to provide support to breastfeeding families.

What to expect during your visit:

- Prenatal Breastfeeding Education
- Observation of a breastfeed
- Opportunity to ask questions
- Guidance about infant feeding cues, frequency and length of breastfeeds, and signs of effective breastfeeding
- Strategies to assist with common breastfeeding challenges
- Assessment of your baby to ensure he/she is growing well and meeting normal growth and development milestones

INFANT FEEDING CLINICS

are available at the following Health Unit locations:

By appointment only

call 1-800-660-5853

Almonte:

79 Spring St. Unit 2

Thursday 9:30am - 3:00pm

Brockville:

458 Laurier Blvd.

Tuesday & Thursday 9:30am - 12:00pm

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

Kemptville:

2675 Concession Rd.

Wednesday 9:30am - 12:00pm

*Health Unit Entrance, at the east end of hospital

Smiths Falls:

25 Johnston St.

Monday & Friday 9:30am - 3:00pm

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



For information about other breastfeeding supports in your community, please visit www.healthunit.org or call 1-800-660-5853.



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