

Online Lactation Resources

Updated June 2023

LLL - La Leche League Canada

Information sheets on many [breastfeeding topics](#)

- [Mastitis & Nipple Blebs](#)
- [Establishing Milk Supply](#)
- [How to Know Baby is Getting Enough Milk](#)
- [Positioning & Latching](#)
- [Nipple Pain](#)
- [Breastfeeding a Toddler](#)

...and many more!

Global Health Media Project

Several informative & helpful videos for parents with a large selection of [breastfeeding videos](#)

- [Early Initiation of Breastfeeding/Breast Crawl](#)
- [Breastfeeding in the First Hours](#)
- [Increasing your Milk Supply](#)
- [How to Express Breastmilk](#)
- [What to Do About Nipple Pain](#)

...and many more, in several languages!

[Dr. Jack Newman & IBC](#)

(International Breastfeeding Centre)
Resource Sheets

[Stanford University Hand expression video](#)

[Healthy Parents, Healthy Children](#)

Alberta Health Services' website for current, reliable information based on today's best knowledge, evidence and practices [Infant feeding section here](#)

[My Breastfeeding Guide](#)

A breastfeeding guide with information; answers questions you may have as a pregnant or new parent. You can share this guide with the people who are supporting you

[Lactmed](#)

Database with info on drugs & other chemicals to which breastfeeding parents may be exposed. Includes info on levels of such substances in human milk & infant blood, possible side effects, & alternative medications

[Dr. Thomas Hale's Infant Risk Website](#)

Resources for medications in breastmilk, an app, & printable handouts

[HealthLink BC](#)

Breastfeeding topics & videos

[Kellymom](#)

Breastfeeding Questions & Answers on a variety of topics

[Canada's Breastfeeding Progress Report](#)

Study on Canadian breastfeeding rates - PDF

Parenting & Breastfeeding Support in Calgary & from Alberta Health Services

Families with babies less than 2 months of age 📞

Access Postpartum Community Services Follow-up Clinics for assessment & potential referral to a Lactation Consultant (LC) by:

- Calling the Public Health Nurse (PHN) with whom they had initial contact or their home visit with or
- Calling the Early Start Line **403-244-8351 (1-800-756-BABY)** where nurses are on the line 24/7

Families with babies older than 2 months of age 📞

Call HealthLink at **811**, and if necessary a referral is made to Well Child Services

AHS Perinatal Education Class Brochure 📄

**Please note that only some of the classes listed are free of charge*

Families Matter 📞 🌐

Free Family, Parenting, & Fathering Programs, plus in-home programs in Calgary. 1:1 Phone support: **403-205-5180** or **403-205-5194**

Provincial Family Resource Network (Alberta) 📄

Free supports & resources for AB families, including in-home visits

Alberta Immunizations 📞 🌐

List of immunizations starting at 2 months old

- To book an appointment, dial **811** Monday – Friday 8:00AM –6:00PM.
- They will provide the closest location of a Public Health Office to the family's home

AHS | Calgary Clinics with Postpartum Community Services 🌐

Click on **Service Location** at the bottom to see four locations within Calgary. They provide newborn & mother well-checks, access to lactation consultants, info about newborn care, safety, child development, referrals to social worker supports, & more

Twins, Triplets, & More Association of Calgary 🌐

Alberta Cleft Palate Foundation 📞 403-289-3751

Parenting & Breastfeeding Support in Calgary & from Alberta Health Services

AHS Mental Help Line


Confidential & anonymous phone service, will make referral to other resources **1-877-303-2642**

Calgary & Area Resources for Postpartum Depression (AHS)

The MOM Project

Free pump rental for bereaved Calgary mothers and low-cost pump rental for NICU mothers

Pregnancy & Infant Loss Support Centre

Pregnancy Loss Support Line every day 9AM – 11PM **1-888-910-5051** 

Calgary Breastfeeding Clinics with IBCLC's

Please note: not all doctors at these clinics may be IBCLC certified.

Riley Park Maternity & Breastfeeding Clinic

Must be a patient at Maternity Clinic to access in-person breastfeeding support

Several free online classes

Suite 130, 1402 8th Ave NW, Calgary
403-284-3711 ext 230

Circle Medical Clinic

Public Health Nurse/LC referral or physician referral required

Suite 123, 15566 McIvor Blvd SE, Calgary (Copperfield)
403-726-0524

West Glen Medical Centre Breastfeeding Clinic

No referral needed, but there is about a 1-week wait. A referral will get you in faster
Suite 108, 30 Springborough Blvd SW, Calgary AB | **403-240-2258**

Well-Fed Clinic

(formerly the Alex Breastfeeding Clinic)

No referral needed
2675 36 St NE, Calgary AB | **403-513-7415**

Canmore General Hospital

403-678-5536

High River Public Health Centre

403-652-5450

Okotoks Health & Wellness Centre

403-995-2600

Centres in Alberta providing:

- Breast/chestfeeding support, latching, sore nipples, yeast, mastitis, milk supply, pumping
- Support for babies with tongue ties, yeast, latching problems, slow weight gain

