

## Your Community Resources

### Infant Feeding Questions or Concerns?

#### La Leche League of Canada (LLLC)

Free monthly meetings are open to all pregnant and breastfeeding mothers. Trained LLLC Leaders are also available at other times via email or phone for breastfeeding questions or concerns.

Mary Dillon, Bridgewater:  
[dillonmc@glinx.com](mailto:dillonmc@glinx.com) or (902)543-4988

Linda Wieser, Mahone Bay:  
[wieser.linda@gmail.com](mailto:wieser.linda@gmail.com) or (902)531-2044

Natalie McMaster, Liverpool:  
[natcmasterlll@gmail.com](mailto:natcmasterlll@gmail.com) or (902)356-2099

Leslie Yip, Chester:  
[lesliemyip@gmail.com](mailto:lesliemyip@gmail.com) or (902)292-8592

#### South Shore Collaborative Breastfeeding Network

International Board Certified Lactation Consultant support is available through the Network. Contact for support with ongoing breastfeeding challenges.

902-543-0856 (Mon-Fri 8am-4pm)

902-527-5214 (After hours, weekends, and holidays)

[breastfeedingnetwork@ssdha.nshealth.ca](mailto:breastfeedingnetwork@ssdha.nshealth.ca)

#### Make Breastfeeding Your Business

A community resource for employers and employees to support breastfeeding families whether it be staff or clients accessing their services.

Available online at:  
<http://novascotia.ca/dhw/healthy-communities/documents/Breastfeeding-support-kit.pdf>



Look for this decal in your local community for businesses that are "family friendly"

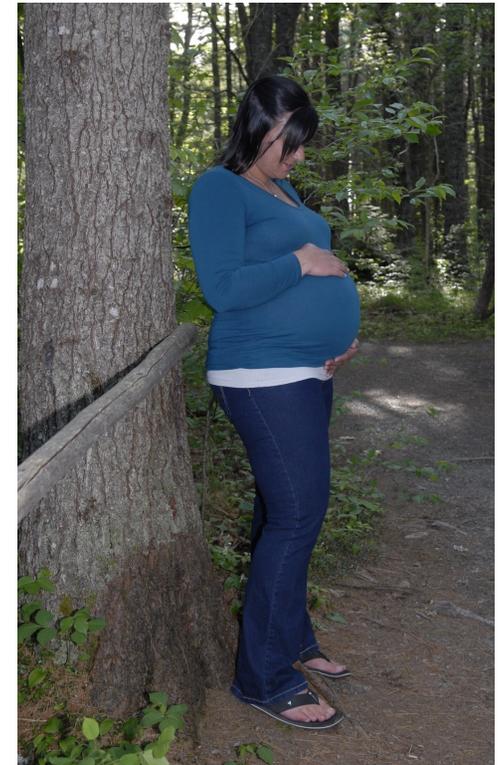
#### Lunenburg and Queens Baby-Friendly Initiative Committee

*Providing community leadership for the protection, promotion and support of breastfeeding through collaboration with local businesses and organizations*

[Lunenburgqueensbfi@gmail.com](mailto:Lunenburgqueensbfi@gmail.com)

## Congratulations! You're expecting a baby

South Shore Regional School Board



*Created in partnership with the  
Lunenburg and Queens  
Baby-Friendly Initiative Committee  
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## South Shore Regional School Board Values Breastfeeding

Healthcare professionals are unanimous: breastfeeding is the way to get babies off to a healthy start. Babies need their mother's milk for nutrition and protection against illnesses. Health Canada recommends "Exclusive breastfeeding... for the first six months of life for healthy term infants with continued breastfeeding for up to two years and beyond."

***Breastfeeding is important to you and your baby long after the introduction of family (solid) foods.***

### A Win-Win Situation: South Shore Regional School Board Recognizes that Supporting Breastfeeding Families...

- Enhances job productivity
- Enhances employee satisfaction, loyalty and morale
- Enhances employee recruitment and retention
- Reduces sick time/personal leave due to a sick child
- Lowers health care costs and results in fewer health insurance claims
- Improves the business' image among employees, clients and the community by demonstrating concern for the well-being of staff and their families

## How can I continue to breastfeed when I am back to work?

For some mothers, returning to work can be seen as a barrier to beginning and/or continuing to breastfeed. Here are a few important facts for you to know:

- Your employer, South Shore Regional School Board, is supportive of breastfeeding families.
- Because of Canada's maternity benefits, many staff employed by South Shore Regional School Board are returning to work long after their babies are eating family foods.
- Breastfeeding a baby over six months is much different than breastfeeding a newborn. Feedings are often shorter and less frequent and many babies are eating other foods that can be offered while you are at work.

***Your plan will be unique to your situation***

**Prior to returning to work, talk to your manager and/or principal about a plan that meets both of your needs.**

**For more information see  
*Make Breastfeeding Your Business:  
An Action Support Kit* listed on the back  
of this brochure.**

## What might it look like?

- When possible, some employees have their babies brought to them for feedings during scheduled work breaks.
- Other employees pump their milk during breaks. While they are at work, the caregiver feeds the baby the milk with a cup or bottle.
- If the baby is older (over one year, for example), some employees consider not pumping at work and continuing to breastfeed when with their babies.



**Breastfeeding can be a great way to connect with your baby after being away for work.**

**If you have questions about how you can continue to breastfeed when you return to work, contact one of the local resources listed on the next page.**