



DURHAM  
REGION  
HEALTH  
DEPARTMENT

[durham.ca/hcp](http://durham.ca/hcp)

# FAX about ...



## Breastfeeding Questions? We Can Help!

Breastfeeding is widely recognized as the natural means of providing nutrition for infants. The Canadian Paediatric Society and the College of Family Physicians of Canada agree babies need **only breast milk for the first 6 months and** continued for up to 2 years or longer with appropriate complementary feeding.

**Early, accessible, and consistent evidence-based breastfeeding support** is essential in helping mothers reach their breastfeeding goals.

To **refer** a patient for breastfeeding support visit [durham.ca/HCP](http://durham.ca/HCP) (Forms).

Durham Region Health Department **supports all families** regardless of feeding method, to feed their children in safe and nurturing ways. Please encourage **new and expectant mothers** to access our free programs and services provided by public health nurses for babies of all ages:

- Durham Health Connection Line
- Breastfeeding Groups
- Breastfeeding Home Visits
- Breastfeeding Clinics

For more information about feeding healthy full term infants refer to the [\*Pediatric Nutrition Guidelines \(Birth to Six Years\) for Health Professionals\*](#)

Health care provider resources now available to order online [durham.ca/HCP](http://durham.ca/HCP).

**Durham Region Health Department: 905-668-7711, 1-800-841-2729**

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If you prefer to receive this information in an electronic format please submit your request to [healthresources@durham.ca](mailto:healthresources@durham.ca)

If you require this information in an accessible format, contact 1-800-841-2729.