

Infant Feeding Clinics and Support Services

Huron Perth Health Unit (HPPH):

Call or email the Health Unit and Direct Your Questions to a Public Health Nurse:

Parents can call the Health unit directly and request to speak with a public health nurse to discuss infant feeding support (breastfeeding, chest feeding, formula feeding, starting solids)

email: hbbcintake@hpph.ca or call 1-888-221-2133 ext. 3575. Mon-Fri 9am-4pm

There is an option for a nurse to phone or arrange a home visit

Prenatal e-learning Breastfeeding class (Free):

To register and receive more information for the prenatal education course ,

call 1-888-221-2133 or send an email to get more information askhpph@hpph.ca . There is no in-person prenatal education offered.

Huron Perth Healthcare Alliance (HPHA): Maternal Child Unit provides breastfeeding support 24/7 from the nursing staff. Call 519- 272-8232 or toll free: 1-888-275-1102 ext. 8232 to speak with a nurse.

*As of August 1, 2025, HPHA will be temporarily suspending their breastfeeding clinics

Family Health Team Breastfeeding Support: if your family doctor or nurse practitioner is part of a family health team, contact them to ask about the breastfeeding supports they offer. If you do not have a family doctor contact the Unattached Care Clinic (Huron Perth & Area Health Team) for more information of the supports that are available <https://hpaoh.ca/ucc/>

Stratford Family Health Team: (444 Douro St., Stratford) is offering a **Free Breastfeeding Clinic** – for mom’s with babies up to 3 months old. The care is provided by a registered nurse, no referral needed – you can self-refer by calling the Stratford team 519-271-7172.

Huron Perth Newborn Care Clinic – Stratford Midwives office, 386 Cambria St, Stratford

The Huron Perth Newborn Care Clinic provides support for newborns and families, including breastfeeding assistance and follow-up care. By appointment only – no drop-in service is available. **How to access the clinic:** Contact your family doctor, nurse practitioner, or primary healthcare provider to request a referral

Note: The newborn clinic sees infants up to 10 days of age and also Infants who may need a bilirubin check (must be referred by a physician or nurse practitioner)

If you are unsure whether your baby needs to be seen, speak with your healthcare provider or contact HPPH for guidance at 1-888-221-2133, Ext. 3575 or hbbcintake@hpph.ca

Breastfeeding Support Groups:

- 1) La Leche League Stratford: Free in-person peer support, facilitated by a leader. Meets weekly. On Facebook LLLC- Stratford Ontario/facebook
- 2) Mothers Initiating Lactation Knowledge and Support (MILKS): This is a private facebook page that a person has to join, that is supported by the La Leche League. It is intended to support breastfeeding mothers, providing advice, and making them aware of resources for parents/families <https://www.facebook.com/groups/465377780237083/>

Other Supports:

- 1) Health 811 (formerly Telehealth/Health Connect Ontario) where a person can connect with a registered nurse 24hrs/day, 7 days a week for free, secure and confidential health advice, including breastfeeding support.

Call 8-1-1 , or toll-free TTY: 1-866-797-0007

Resources for Families: Google Search the underlined words

About Breastfeeding: <https://www.aboutbreastfeeding.ca/>

Infant Formula Toronto Public Health <https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/parenting/feeding-your-child/feeding-your-infant/infant-formula/>

Infant Formula -Halton Baby Friendly Initiative <https://www.babyfriendlyhalton.ca/infant-formula>

****Source of Information:** Huron Perth Public Health, Infant Feeding Clinics and Supports <https://www.hpph.ca/classes-clinics-services/prenatal-and-parenting-support/infant-feeding-clinics-and-supports/> and the Stratford Family Health Team