

Free hook-up & delivery

Did you know...

Your breastmilk is made specifically for your baby and changes in response to your baby's changing needs.

For Baby's Benefit

Breastfeeding:

- Protects against many common childhood illnesses including, colds, ear infections, diarrhea, eczema and diabetes
- Reduces incidences of SIDS (Sudden Infant Death Syndrome)
- Promotes physical development of your baby's brain, jaw and teeth
- Provides close physical contact and encourages bonding with mom

For Mom's Benefit

Breastfeeding:

- Reduces your risk of breast and ovarian cancers and osteoporosis
- Helps you get your body back to pre-pregnancy state (helps you lose weight and contracts your uterus to its original size)
- Provides close physical contact and encourages bonding with your baby
- Saves time and money

Did you know...

Breastmilk is the original baby food. It's nature's way and 99% of all women are physically able to breastfeed their children.



Yellowknife's Breastfeeding Support Group

Protect, promote and support breastfeeding in your family and community.

Call 444-3374

Join us or drop by...

4:00 - 6:00 pm

First Wednesday of the month

at the

Family Resource Centre

(Toy Library - located upstairs at the Side Door)

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Mom-to-mom breastfeeding and infant support



Yellowknife's Breastfeeding Support Group
Helpline 444-3374

"I was nervous to call and ask for help because I thought I would get a lecture, instead I got understanding and real practical advice."



oh mama!

Moms, Boobs & Babies is a group of moms helping other moms by providing breastfeeding and infant support.

Call

Helpline 444-3374
Mom-to-mom support
Individual help

Read

Books and other resources available to borrow

Participate

Moms, Boobs & Babies at Post Natal classes
Every second Monday (Sept-May)
1:30-3:00 pm, Baker Centre
or
Once a month at the Women's Centre,
call for details

Connect

Mom-to-mom get togethers at the Yellowknife Family Resource Centre (Toy Library) located upstairs of the Side Door.
Expectant moms are also encouraged to come. First Wednesday of the month from 4:00-6:00 pm. (Pizza & juice provided)

busy 'n baby

Talk to other experienced moms about:

- Breastfeeding and lifestyle
- Breastfeeding and traveling
- Breastfeeding and going back to work
- Breastfeeding and daycare

"I was nervous about breastfeeding in public but once I met other mothers and saw that they were so cool with it, I learned my own ease and style. – It was actually empowering."

hungry baby

Talk to other experienced moms about:

- Milk supply
- Pumping and storing breastmilk
- Introducing solids
- Weaning
- Teething



"I called the support line to ask about when I should pump, if my baby eats every couple of hours."

baby love



"I am crazy in love with my baby. I never would have imagined this feeling. And yet I get frustrated too. Talking to other mothers helped me realize that it's normal and that I don't have to feel guilty."

Talk to other experienced moms about:

- Cuddle time with baby
- A sleepy baby
- An always awake baby
- Breastfeeding more than one child
- Daddy's role and support in breastfeeding

youch! ooo baby

"I really wanted to keep breastfeeding but the pain was so intense that I wanted to quit. The mom on the line had some tips and personal experience... she really helped me through it."

Talk to other experienced moms about:

- Sore nipples
- Sore breasts
- Engorgement
- Possible Infections
- Other aches and pains