



## MANITOBA BREASTFEEDING, CHESTFEEDING AND HUMAN MILK FEEDING

### CLINICAL HELP AND PEER SUPPORT

#### **CLINICAL HELP: NO COST FOR SERVICES:**

##### **WINNIPEG AND SURROUNDING AREAS:**

**The Birth Centre:** Midwives and other staff offer programs and services for pregnancy, childbirth, and parenting. **Midwifery care** happens at home, hospital or Birth Centre. <https://odeimin.com>

**Winnipeg Breastfeeding Clinics:** IBCLCs / Breastfeeding Specialists / Breastfeeding Groups available to help with breastfeeding concerns. Some sites are appointment only.

**Winnipeg Breastfeeding Centre:** Family Physicians/ IBCLCs / breastfeeding specialists Drs. Christina Raimondi, Katherine Kearns, Richa Tandon, Natalie Casclang, [204-231-1724](tel:204-231-1724). They are fully covered by Manitoba Health so there is no cost to patients. Patients require referrals from their doctor to access this service. It may take at least a week to see a physician.

##### **BRANDON AND SURROUNDING AREAS:**

**7th Street Health Access Centre:** Family Physician/IBCLC. Dr Afaf Alsebai. Call to book an appointment: 204-578-4800.

#### **CLINICAL HELP: FEE FOR SERVICES:**

**Equanimity Birth & Wellness** offers private breast/chestfeeding consultations as well as the Equanimity Essentials: Breast/chestfeeding your baby class by Cindy Rogers Maitland IBCLC, a trauma informed, culturally competent IBCLC. Fee for service. Contact [equanimitybirth@gmail.com](mailto:equanimitybirth@gmail.com)

**Foundations Birth Services** A collective that offers services during pregnancy, birth, and postpartum, and offers Private In-home Lactation Consultations as well as a Breastfeeding Essentials Class by Cindy Rogers Maitland, a trauma informed, culturally competent IBCLC. Fee for service. Contact [childbirthmentor@gmail.com](mailto:childbirthmentor@gmail.com) or [breastfeedingfoundations@gmail.com](mailto:breastfeedingfoundations@gmail.com)

**The Untied Latch:** Team led by Lynette Beard, a registered nurse (RN) and an International Board Certified Lactation Consultant (IBCLC) who specializes in Tongue ties; Jadwiga Merkel an RN, IBCLC who works with NICU and Bottle-feeding families; and Aislinn Hasty Midwife, CAPP Lactation Educator, IBCLC Trainee who specializes in Low Milk Supply, and Pumping. Pump rentals with free delivery. Fee for service. <https://www.theuntiedlatch.com/>

**WPG Lactation** Ooma Priestman, (IBCLC, CLEC). Services are offered through Home, Office and Virtual Visits. Fee for service. <https://wpglactation.ca/>

##### **MANITOBA:**

There are public health nurses in each of the five regions. Public Health Nurses offer phone and home visits to families after a birth and for the first six weeks and beyond. They also provide support during pregnancy. Manitoba PH offices: <https://www.gov.mb.ca/health/publichealth/offices.html>

**Breastfeeding Hotline:** Changes made at [HealthLinks/InfoSanté](#) have affected the way the phone call is answered. They will say HealthLinks/Info Santé when answering the call. Breastfeeding information is still available however it may take time to get through. To connect call [204-788-8667](tel:204-788-8667) (in Winnipeg) or toll free [1-888-315-9257](tel:1-888-315-9257) and press 2 for Health concerns.

Please contact [Linda.Romphf@gmail.com](mailto:Linda.Romphf@gmail.com) with any edits or editions.

#### **PEER SUPPORT: FREE SERVICES:**

**Brandon Friendship Centre** Programs include Canada Prenatal Nutrition Program.

**Elsbeth Reid Family Resource Centre Facebook Page**. While this is a resource centre for Child and Family Services for Western Manitoba, the parenting classes are open to the public.

**Healthy Baby**: Prenatal moms and programs for moms with children under 1. Some Healthy Baby Community Support programs are meeting virtually, while others have been cancelled.

- *Prairie Mountain Health*: <https://www.prairiemountainhealth.ca/public-classes-and-clinics>
- *Interlake-Eastern Health*: For free registration visit [this link](#)

**Healthy Start**: Healthy Baby/CPNP Weekly Virtual Groups are hosted on Google Meet. Daily meeting links on the Facebook Page: <https://www.facebook.com/HealthyStartWpg/>  
Email [tech@hsmm.ca](mailto:tech@hsmm.ca) to register or call 204-949-5350. Outreach workers and dietitians are also available via phone or email to answer pregnancy or parenting questions or provide referrals. Phone [204-949-5350](tel:204-949-5350) or email [hsmm@hsmm.ca](mailto:hsmm@hsmm.ca)

**La Leche League Canada**: Leaders are experienced trained helpers. Leaders offer phone, email and texting help to Manitoba callers (204-272-0238) as well as virtual meetings. No cost to participants. [www.lllc.ca](http://www.lllc.ca) [Winnipeg West Facebook group](#) to register for meetings.

Other [LLL Manitoba groups](#): in Brandon, Morden/Winkler, Winnipegosis.

**LLL Virtual Prenatal Breastfeeding Classes: [CLICK HERE](#)**

**LLL Meetings: calendar [CLICK HERE](#)**

**Manitoba Breastfeeding Support Group (The Untied Latch)**. Zoom meets bi-weekly on Fridays. For more information contact: [info@lynettebeard.com](mailto:info@lynettebeard.com)

**Nourri-Source**: a French-language support system for breastfeeding mothers, offered by Pluri-elles in Winnipeg. Call [204-233-1735](tel:204-233-1735) or visit [pluri-elles.mb.ca](http://pluri-elles.mb.ca).

**Other CPNP programs**: Baby & Me (Cranberry Portage – 204-623-1023), Blue Water Prenatal Mobile Team (Pine Falls – 204-367-8855), Futures (Thompson – 204-667-7820)

**Portage La Prairie Family Resource Centre**: Breastfeeding Group offers an opportunity for education, sharing, and support. Childcare is provided for older children. Call or Text: [\(204\) 595-5005](tel:204-595-5005) E-mail: [info@frcportage.ca](mailto:info@frcportage.ca)

**Southeast Breastfeeding Support Group (The Untied Latch)**. For more information, visit: <https://www.facebook.com/groups/765921620174058/>

**Steinbach Family Resource Centre**: CPNP Virtual Breastfeeding Support Group (weekly): <https://www.facebook.com/steinbachfamily> Programs: <https://steinbachfrc.ca/programs/>

**Winnipeg Breastfeeding Support Group (The Untied Latch)**. For more information, visit: <https://www.facebook.com/groups/446103755862806>

**Winnipeg Health: Centre de santé Accès-Access Saint-Boniface**: Bi-weekly virtual Breastfeeding Support group in English and French. To register, email [jbruce@centredesante.mb.ca](mailto:jbruce@centredesante.mb.ca)

#### **FOR PROFIT SERVICES:**

**Bean Family Wellness** Ilissa Mistry, Certified Breastfeeding Specialist (CBS). Services are offered by phone and virtual breastfeeding consults on Zoom, as well as Breastfeeding 101 classes. Fee for service.

## **PROVIDER DEFINITIONS:**

### **IBCLC: International Board Certified Lactation Consultant**

- IBCLCs are healthcare professionals whose expertise is in breastfeeding clinical management. IBCLCs are certified by the [International Board of Lactation Consultant Examiners](#) and provide support by offering leadership, advocacy, research, and professional development.
- IBCLCs undergo 90 hours of approved breastfeeding education that covers human lactation and breastfeeding topics before writing a multiple-choice exam. 1000 hours clinical practice in lactation is required before applying. Recertify every 5 years to ensure up to date, research informed practice.

### **LLLC: La Leche League Canada (LLLC) Leader**

- LLLC Leaders are volunteers who offer peer-to-peer support through in-person or virtual meetings, phone, text and social media. LLLC Leaders are trained to help with the normal course of breastfeeding from prenatal through weaning. While LLLC Leaders will offer information, encouragement and support to anyone who experiencing lactation or breastfeeding difficulties, they will refer to health care professionals for anything outside their scope or training.
- Prior requirements before becoming an [applicant](#) are to have breastfed a child for a year or more, taken an 80-hour self-paced training and skills assessment, and accreditation by LLLC.

### **Douglas College Breastfeeding Counsellor**

- Breastfeeding Counsellors educated through [Breast/Chestfeeding Course for Health Care Providers | Douglas College](#) receive a Certificate of Completion with 136 Lactation-Education-Hours to sit the International Board-Certified Lactation Consultants Exam.
- RN/BNs working in hospitals or public health take this course to assist them in their regular work supporting pregnant individuals and nursing parents.

### **CAPPA Lactation Educators**

- [Lactation Educators](#) work with families from preconception through the stage of weaning offering education, encouragement, counseling, an experienced point of view, and fostering confidence, and a commitment to breastfeeding. 20 Hour Course plus other requirements including references.
- Lactation Educators work within the healthcare system by offering appropriate referrals when their observance or counseling uncovers situations that require health care attention or support.

### **CBS: Certified Breastfeeding Specialist**

- [Certified Breastfeeding Specialists](#) educate and support breastfeeding families through pregnancy, breastfeeding initiation, and the normal course of lactation.
- CBSs have no prerequisites required before taking 54.5 hours of online courses to write an exam.

### **CLC: Certified Lactation Counsellor**

- [Certified Lactation Counsellors](#) are capable of teaching classes, and for helping with the normal course of breastfeeding.
- CLCs have no prerequisites required prior to taking a 45-hour course. Multiple-choice exams are proctored by the Academy of Lactation Policy and Practice.

### **Social Circles, Friends and Family Members**

- Women often turn to other mothers for information and help with breastfeeding. These women could include other breastfeeding mothers in their communities, whether they are family, friends, doulas or mothers they have met through prenatal classes, or mother-to-mother support groups, as well as women who are knowledgeable and have previous experience with breastfeeding.
- Partners and the baby's grandmothers also play critical support roles when it comes to breastfeeding, both with assisting in decision making about how the baby is fed and in providing support for breastfeeding.
- **It's important to ask for help from a physician/midwife/nurse practitioner/public/primary health nurse/IBCLC when a breastfeeding issue has continued for over 48 hours without resolution despite the suggestions by family and friends.**