

## Why is breastfeeding important?

Breastfeeding is good for babies in many ways. It protects them from diseases and promotes optimal growth, health and development.

It also protects against obesity. Breastfeeding reduces the risk of being obese later in life by four per cent for each additional month up to eight months of age. Exclusive breastfeeding is particularly important for the first six months, a critical period in early childhood development that strongly influences longer term health outcomes.

Useful information:

### Health Care Connect

<http://www.health.gov.on.ca/en/ms/healthcareconnect/public/>

### Healthy Babies Healthy Children

<http://www.children.gov.on.ca/htdocs/English/topics/earlychildhood/health/index.aspx>

### Best Start

<http://www.beststart.org/>

### Service Ontario

<http://www.ontario.ca/serviceontario>

### Ontario Benefits Directory

<http://www.gov.on.ca/en/residents/benefitsdirectory/index.htm>

### Public Health Unit

<http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx>

### Government of Ontario information:

[www.health.gov.on.ca](http://www.health.gov.on.ca)

INFOline 1-866-801-7242

TTY 1-800-387-5559

Telehealth Ontario: 1-866-797-0000

TTY 1-866-797-0007

# Telehealth Ontario 24/7 Breastfeeding Supports

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Learn about the supports that are available to new and expectant moms simply by calling:

1-866-797-0000 or

TTY : 1-866-797-0007



## What services are being provided by Telehealth?

New and expectant moms now have access to expert advice and support for breastfeeding 24 hours a day, 7 days a week, through a telephone advisory service.

This free service is provided by Registered Nurses who've also received training in breastfeeding and lactation support. For more complex situations, lactation experts will also be available.

The service is provided in English and French with 24/7 access to telephone interpreters in more than 100 languages and a direct TTY number for those with hearing and speech difficulties.

## Who can use the service?

The service is free and available to all new and expectant moms that have questions related to breastfeeding their child.

Family, friends and caregivers who are supporting new and expectant moms are also encouraged to call should assistance be required.

## When is the service available?

The service is available starting April 1, 2014 24 hours a day, 7 days a week.



## What is Telehealth Ontario?

Telehealth Ontario is a free, confidential telephone service offering health advice or general health information by Registered Nurses.

That means quick, easy access to a qualified health professional, who can assess symptoms and help determine the best first step.

## What is the number to call?

1-866-797-0000

TTY : 1-866-797-0007