

# Need Support With Breastfeeding in Hamilton?

Call the 24/7 Breastfeeding Line  
through Telehealth Ontario



**1-866-797-0000**

Breastfeeding experts are available 7 days a week, 24 hours a day to:

- answer your questions
- provide you with a breastfeeding plan
- direct you to an in-person breastfeeding service in Hamilton

# You may want to get breastfeeding help if:

## YOUR BABY:

- does not want to or is not waking to breastfeed
- does not have the expected number of wet diapers and/or stools for his/her age
- you do not hear your baby swallowing while feeding
- does not breastfeed at least 8 times in 24 hours

## YOU:

- are feeling worried or concerned and want to talk to someone
- are feeling pain while breastfeeding or your nipples are red, cracked or blistered
- have breasts that are full and sore

