



Local Breastfeeding Support in Revelstoke: Contact Revelstoke Public Health for breastfeeding support with our local health nurses. 250-814-2244

Learning the Basics: <https://www.healthyfamiliesbc.ca/home/articles/breastfeeding-learning-basics>

Interior Health Breastfeeding Information: <https://www.interiorhealth.ca/YourHealth/HavingABaby/BringingBabyHome/Pages/Breastfeeding.aspx>

Breastfeeding Inc.: At Breastfeeding Inc. the aim is to empower parents by ensuring they receive the most up-to-date information to assist them with their breastfeeding baby. Breastfeeding resources include free information sheets, video clips and articles – <https://www.breastfeedinginc.ca/infocat/english/>

The La Leche League Canada encourages, promotes, and provides mother-to-mother breastfeeding support and information.

- Canada: <http://www.lllc.ca>
- Shuswap La Leche League: email: Shuswap@lllc.ca or call: 604-815-1585

Breastfeeding after Breast and Nipple Surgeries: This site provides information and support to mothers who wish to breastfeed after surgeries- <http://bfar.org/index.shtml>

Multiple Births Canada - includes information and supports for parents of multiples (including breastfeeding). <http://www.multiplebirthscanada.org/>

HealthlinkBC– Includes answers to questions such as why and when should you breastfeed? How do you know if your baby is getting enough milk? Does your baby need anything other than breast milk? When should you get help? Go to: <http://www.healthlinkbc.ca/healthfiles/hfile70.stm>

- **What is Breastfeeding?** <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=hw91687#hw91690>
- **Breastfeeding – planning ahead:** <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=ue5284#ue5285>
- **What should I eat while I am breastfeeding?** <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=hw130509#hw130509-sec>
- **What is breast engorgement?** <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=hw133953#hw133955>
- **What is mastitis?** <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=hw98039#hw98041>



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