

# Accessing infant feeding support through Public Health

If you have already been in contact with a Public Health Nurse during your current pregnancy or after the birth of your baby, they can provide feeding support. Feel free to talk with them.

If you have not been contacted yet, you can self-refer by calling the number on the back of this brochure.

Referrals can also be made by family doctors, nurse practitioners or family practice nurses, and community organizations like family resource centres.



## Contact Early Years

### Central Zone Early Years

*Halifax area, Eastern Shore, West Hants*  
902-481-4967/1-800-430-9557 (Toll Free)  
earlyyears@nshealth.ca

### Eastern Zone Early Years

*Cape Breton, Guysborough, Antigonish*  
earlyyearsez@nshealth.ca

### Northern Zone Early Years

*Colchester-East Hants, Cumberland, Pictou*  
902-667-3319/1-800-767-3319 (Toll Free)  
nzeynurses@nshealth.ca

### Western Zone Early Years

*Annapolis Valley, South Shore, South West*  
1-833-601-0949 (Toll Free)  
earlyyearswz@nshealth.ca



## Find Us Online



[www.nshealth.ca/Infant-Feeding-Support](http://www.nshealth.ca/Infant-Feeding-Support)



## Free infant feeding support from experienced Public Health Nurses

Feeding your baby is one of the most intimate and powerful parts of becoming a parent. In Nova Scotia, you have a team by your side.

Early Years Public Health Nurses are specially trained in infant feeding support. Whether you are pregnant and deciding how to feed your baby, or your baby has arrived and you need support or have questions, a Public Health Nurse can help.

Whether it's in your home, in the community, or over the phone, Public Health Nurses provide compassionate and non-judgmental care to help you feel confident, informed, and supported every step of the way.

## Building an infant feeding plan

A Public Health Nurse can help you create a feeding plan that aligns with your values and lifestyle, and work with you to reach your feeding goals. This includes looking at your different options for feeding, like breastfeeding/chestfeeding, infant formula feeding, or a mix of both. The plan will help you decide how you want to feed your baby so you can feel more confident and prepared.

## The right support, when you need it

Public Health Nurses understand that infant feeding questions don't stop after the first few days or weeks and that every family's needs are different. The following supports are available when you need them:

- One-on-one feeding assessments
- Help with latching and positioning for breastfeeding/chestfeeding
- Support to determine if your baby is getting enough milk
- Solutions for common feeding challenges
- Guidance on pumping, milk expression and safe storage of milk
- Tips for feeding while returning to work
- Education on newborn feeding behaviours
- Support for bonding and responsive, cue-based feeding
- Support for safe formula preparation and feeding
- Help connecting you with community and healthcare services and resources