

Newfoundland and Labrador Health Services

Where to Find Help

Baby Friendly Newfoundland and Labrador

Provides evidence-informed breastfeeding information, links to local supports, online resources, and information about lactation consultants and breastfeeding support throughout the province.

Website: <https://babyfriendlynl.ca>

Public Health Nursing

Public Health nurses throughout Newfoundland and Labrador provide breastfeeding assessment, follow-up after birth, Healthy Baby programs, and referrals to lactation consultants when additional support is needed. Families can access these services through their local NL Health Services office. <https://nlhealthservices.ca/areas-of-care/public-health/>

Janeway Children's Health and Rehabilitation Centre

The provincial tertiary maternal and newborn program includes provincial breastfeeding consultation through the Perinatal Program Newfoundland and Labrador (PPNL), supporting families and healthcare professionals across the province.

Website: <https://cwhep.easternhealth.ca/children-and-youth/ppnl/>

811 HealthLine

Registered nurses are available 24 hours a day to answer health questions and direct families to appropriate breastfeeding and infant feeding resources.