

Nova Scotia

Where to Find Help

Nova Scotia Health – Public Health Infant Feeding Support

Nova Scotia Health offers free infant feeding support through Early Years Public Health Nurses. Support is available during pregnancy and after birth for breastfeeding, infant feeding, pumping, supplementation, and formula feeding. Services include individual consultations, breastfeeding support, and referrals when needed.

Website: <https://www.nshealth.ca/clinics-programs-and-services/public-health-infant-feeding-support>

IWK Health

IWK Health is the provincial women's and children's hospital and Baby-Friendly designated organization. Families delivering at the IWK have access to breastfeeding support while in hospital, and the IWK provides evidence-informed infant feeding resources and specialized lactation support when indicated.

Website: <https://iwkhealth.ca/infant-health-and-care/infant-feeding/breastfeeding>

Public Health Parenting Supports

Nova Scotia Health offers Public Health Parenting Supports, including drop-in sessions where families can receive guidance on infant feeding, breastfeeding, growth and development, sleep, and parenting. Availability varies by community.

Website: <https://www.nshealth.ca/parenting-supports>

Health Information – 811 Nova Scotia

Registered nurses are available 24 hours a day to answer health questions and provide advice about infant feeding and breastfeeding concerns, as well as direct families to appropriate local services.

Website: <https://811.novascotia.ca>

Call: 811 (within Nova Scotia)

Baby-Friendly Initiative in Nova Scotia

Nova Scotia Health and IWK Health continue to implement the Baby-Friendly Initiative to ensure families receive evidence-informed, non-judgmental infant feeding support regardless of how they feed their baby. ([Nova Scotia Health](#))