

Nunavut

Where to Find Help

Government of Nunavut – Pregnancy and Babies

The Government of Nunavut provides evidence-informed resources on breastfeeding, infant feeding, newborn care, and parenting. Families can access educational materials, including **Breastfeeding Basics**, **Best Start: Breastfeeding Your Baby**, and other trusted infant-feeding resources.

Website: <https://livehealthy.gov.nu.ca/en/resource-category/pregnancy-and-babies>

Community Health Centres

Community Health Centres throughout Nunavut provide breastfeeding assessment, infant feeding support, newborn follow-up, prenatal education, and referrals to additional services when needed. Families can contact their local Community Health Centre for support with breastfeeding or infant feeding.

Website: <https://www.gov.nu.ca/health>

Midwifery and Maternity Services

Nunavut's maternity and midwifery programs provide breastfeeding education and support before and after birth. Depending on where families live, care may be provided locally or coordinated with regional birth centres and referral hospitals.

Website: <https://www.gov.nu.ca/health>

Breastfeeding Resources

The Government of Nunavut offers free breastfeeding resources for families, including printable guides on breastfeeding, early infant feeding, and feeding challenges. These resources are available in multiple languages, including Inuktitut and English where available.

Website: <https://livehealthy.gov.nu.ca/en/resource-category/pregnancy-and-babies>

Community Health Services

If you have questions about breastfeeding or infant feeding, contact your local Community Health Centre. Healthcare providers can offer feeding support, arrange follow-up care, and connect families with additional services when needed.

Website: <https://www.gov.nu.ca/health>
