

Lactation support



Perinatal resources centres (CRPs in the French acronym) offer **lactation support and advice**, so that mothers who wish to nurse their baby can access the right information and resources at the right time, making the experience more enjoyable.

- ▶ **Lactation preparation workshops**
- ▶ **Drop-in lactation meeting**
- ▶ **One-on-ones**
- ▶ **Peer support (paired with a mother with current or previous nursing experience)**
- ▶ **Milk pump rentals and sales**



What to expect

Lactation preparation workshops will cover everything you need to know to confidently begin nursing. Topics include the benefits of nursing, lactogenesis, boobies and other challenges, the role of the non-nursing parent, feeding positions, and newborn feeding schedules.

In 2017-2018, 89% of mothers breastfed or attempted to breastfeed their last child at birth. Of that 89%, 76.1% were still breastfeeding their baby at one month and 56.4% at six months.¹ This data shows how important it is to better support parents who want to nurse and how valuable the support of loved ones is to nursing parents.

¹Observatoire des tout-petits. How are young children faring in Quebec? 2021 portrait. Montréal, Québec, Fondation Lucie et André Chagnon, 2021.

At **drop-in lactation meetings** and **one-on-ones**, lactating mothers can meet with trained person who can answer their questions and address their concerns.

Some CRPs offer **peer support**, where parents who are nursing or have nursed their baby for at least six months and who are trained in lactation are paired up with new parents to offer them personalized information and support.

Your CRP might also offer **milk pumps for rent or for sale** and information and support choosing the right milk pump for you.

Every CRP is unique. Contact your regional CRP to find out what services and activities they offer.

About the CRPs

CRPs are community-based agencies that offer a full range of services and activities to all families in their region, from pregnancy through baby's second birthday. CRPs are members of the Quebec CRP network (Réseau des Centres de ressources périnatales du Québec, RCRPQ).

Learn more and find your local CRP at:

www.rcrpq.com

