



Family and Friends Can Make Breastfeeding a Success

Here are some ways to help:

Become Informed

- Get as much information about breastfeeding as you can.
- Talk to friends, relatives, other breastfeeding families and health professionals.

Encourage New Parents

- New breastfeeding parents may worry that they do not have enough breast milk* for their baby.
- Most breastfeeding individuals have more than enough breast milk.
- Tell them that you believe in them and that you are able to help.

Give Time and Space

- Limit telephone calls and keep your visit short.

Help With Everyday Tasks

- Offer help with everyday things like meal preparation, dishes and laundry, keeping the home tidy and caring for other children.

Help With the Baby

- Babies cry for many reasons – not just for hunger. Learn different ways of comforting the baby, such as holding the baby skin-to-skin, holding the baby and walking, singing and dancing.
- Bathing and changing diapers are other ways to get to know the baby.

Have Realistic Expectations


- A new baby changes life forever. It is normal to have mixed feelings about these changes.
- Ask the parents what they feel would help them. Your support is important.

Get Help


- If the mother feels that things are not going well with breastfeeding, call for help! Toronto Public Health provides breastfeeding help to all mothers and can connect her to other breastfeeding supports.

*Breastfeeding/breast milk are also known as chestfeeding/ chest milk respectively.


This information has been translated in the following languages:

العربية  (<https://www.toronto.ca/wp-content/uploads/2018/05/981d-Family-and-Friends-Can-Make-Breastfeeding-a-Success-ara.05-2018.pdf>)


Arabic

简体中文  (<https://www.toronto.ca/wp-content/uploads/2018/05/97db-Family-and-Friends-Can-Make-Breastfeeding-a-Success-chi-s.05-2018.pdf>)

Simplified Chinese

繁體中文  (<https://www.toronto.ca/wp-content/uploads/2018/05/978f-Family-and-Friends-Can-Make-Breastfeeding-a-Success-chi-t.05-2018.pdf>)

Traditional Chinese

Tagalog  (<https://www.toronto.ca/wp-content/uploads/2018/05/8fa6-Family-and-Friends-Can-Make-Breastfeeding-a-Success-tag.05-2018.pdf>)


Filipino

Français  (<https://www.toronto.ca/wp-content/uploads/2018/05/8fc4-Family-and-Friends-Can-Make-Breastfeeding-a-Success-fra.05-2018.pdf>)


French

ગુજરાતી  (<https://www.toronto.ca/wp-content/uploads/2018/05/9633-Family-and-Friends-Can-Make-Breastfeeding-a-Success-gur.05-2018.pdf>)


Gujarati

हिन्दी  (<https://www.toronto.ca/wp-content/uploads/2018/05/9656-Family-and-Friends-Can-Make-Breastfeeding-a-Success-hin.05-2018.pdf>)


Hindi

Magyar nyelv  (<https://www.toronto.ca/wp-content/uploads/2018/05/97cf-Family-and-Friends-Can-Make-Breastfeeding-a-Success-hun.05-2018.pdf>)


Hungarian

Português  (<https://www.toronto.ca/wp-content/uploads/2018/05/9765-Family-and-Friends-Can-Make-Breastfeeding-a-Success-por.05-2018.pdf>)

Portuguese

ਪੰਜਾਬੀ  (<https://www.toronto.ca/wp-content/uploads/2018/05/9593-Family-and-Friends-Can-Make-Breastfeeding-a-Success-pan.05-2018.pdf>)


Punjabi

Español  (<https://www.toronto.ca/wp-content/uploads/2018/05/9797-Family-and-Friends-Can-Make-Breastfeeding-a-Success-spa.05-2018.pdf>)

Spanish

தமிழ்  (<https://www.toronto.ca/wp-content/uploads/2018/05/9684-Family-and-Friends-Can-Make-Breastfeeding-a-Success-tam.05-2018.pdf>)

Tamil

اردو  (<https://www.toronto.ca/wp-content/uploads/2018/05/8d8e-Family-and-Friends-Can-Make-Breastfeeding-a-Success-urd.05-2018.pdf>)

Urdu

Contact Information

Toronto Public Health

Monday to Friday

8:30 a.m. - 4:30 p.m.

Telephone: 416-338-7600

Email: PublicHealth@toronto.ca (<mailto:PublicHealth@toronto.ca>)

Chat Live with a Public Health Nurse

eChat: [toronto.ca/health/eChat](https://www.toronto.ca/health/eChat) (<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/toronto-public-health-echat/>)

 [torontopublichealth](https://www.facebook.com/torontopublichealth)  (<https://www.facebook.com/torontopublichealth>)

 [TOPublicHealth](https://twitter.com/TOPublicHealth)  (<https://twitter.com/TOPublicHealth>)

 [TPHCommunications](https://www.youtube.com/user/TPHCommunications)  (<https://www.youtube.com/user/TPHCommunications>)

Related Information

Parenting (<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/parenting/>)

Parenting Groups (<https://www.toronto.ca/community-people/children-parenting/children-programs-activities/child-family-programs-and-groups/parenting-groups-and-services/>)

Postpartum Depression and Anxiety (<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/postpartum-depression-and-anxiety/>)

Pregnancy To Parenting Blog [🔗](https://pregnancytoparenting.ca/) (<https://pregnancytoparenting.ca/>)

Sign Up for E-News about Kids' Health (<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/parenting/into-kids-health-2/intokidshealth-e-newsletter/>)

Bilingual Online Ontario Breastfeeding Services [🔗](http://ontariobreastfeeds.ca/) (<http://ontariobreastfeeds.ca/>)

Feeding Your Baby in an Emergency (<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/breastfeeding/breastfeeding-your-baby/feeding-your-baby-in-an-emergency/>)