



DRINKING VIDEOS

- All of these videos are helpful – specifically look at the ones regarding drinking. You do not need a watch/clock or app when you know when your baby is getting milk. Keep them drinking – use compressions if they are not, offer the 2nd (or 3rd !) side if those are not helping.
- <https://ibconline.ca/breastfeeding-videos-english/>
- <https://ibconline.ca/multilanguagebreastfeedinghelp/> These videos are available in multiple languages (in the description)

LYMPHATIC DRAINAGE

- Apply lymphatic breast massage between feeding sessions <https://m.youtube.com/watch?v=0Uwx7L47cg>
- Breast gymnastics for engorgement: <https://fb.watch/5f-WGmW5ho/>
- Reverse Pressure Softening video: <https://youtu.be/g1CYw1uTiG4>

The Fourth Trimester

<https://theempoweredmama.com/ways-you-can-prepare-for-the-fourth-trimester/>

FOR MORE INFORMATION ABOUT HOW TO:

- **SCHEDULE A PRENATAL BREASTFEEDING SESSION (this can be helpful if you've had breast surgery, gestational diabetes, any hormonal issues or difficulty getting pregnant)**
- **SCHEDULE AN IN PERSON, VIRTUAL OR TELEPHONE VISIT WITH LAURA**

PLEASE CONTACT LAURA AT THE BLACK CREEK COMMUNITY HEALTH CENTRE:

416-249-8000 or email laura.patterson@bcchc.com

<https://www.bcchc.com/services/pregnancy-breastfeeding-support-2/>

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