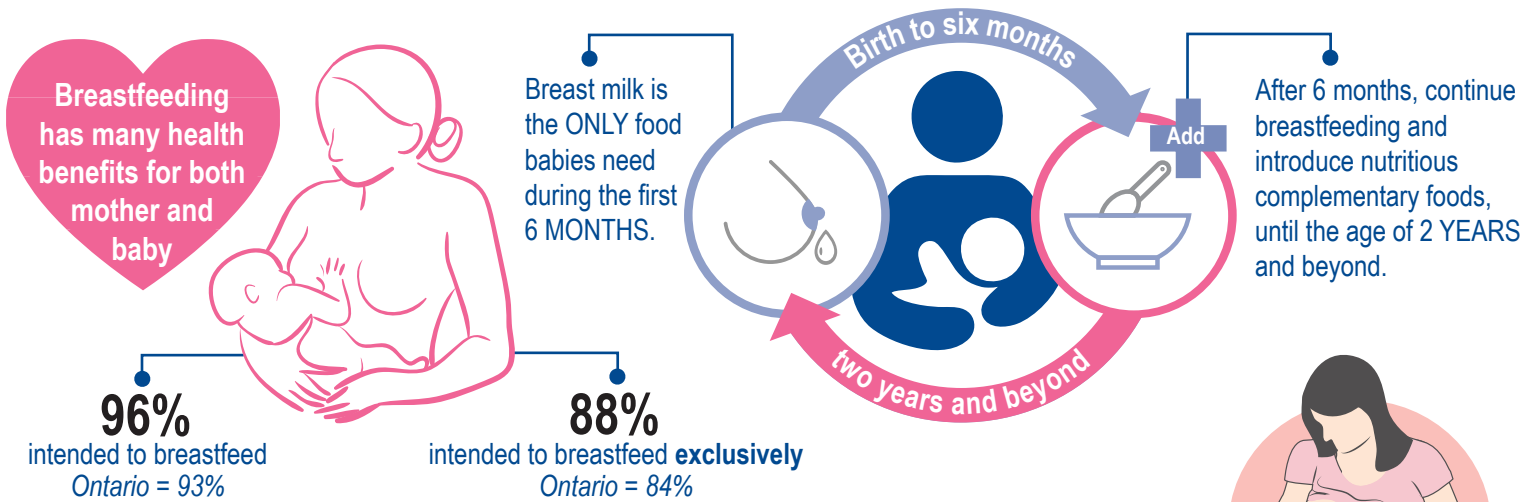


Facts on Infant Feeding in Ottawa outlines what Ottawa mothers report on how they feed their infant from birth to one year. It also provides information about Ottawa Public Health (OPH) services and community resources for parents.



Breastfeeding by infant age, Ottawa 2014

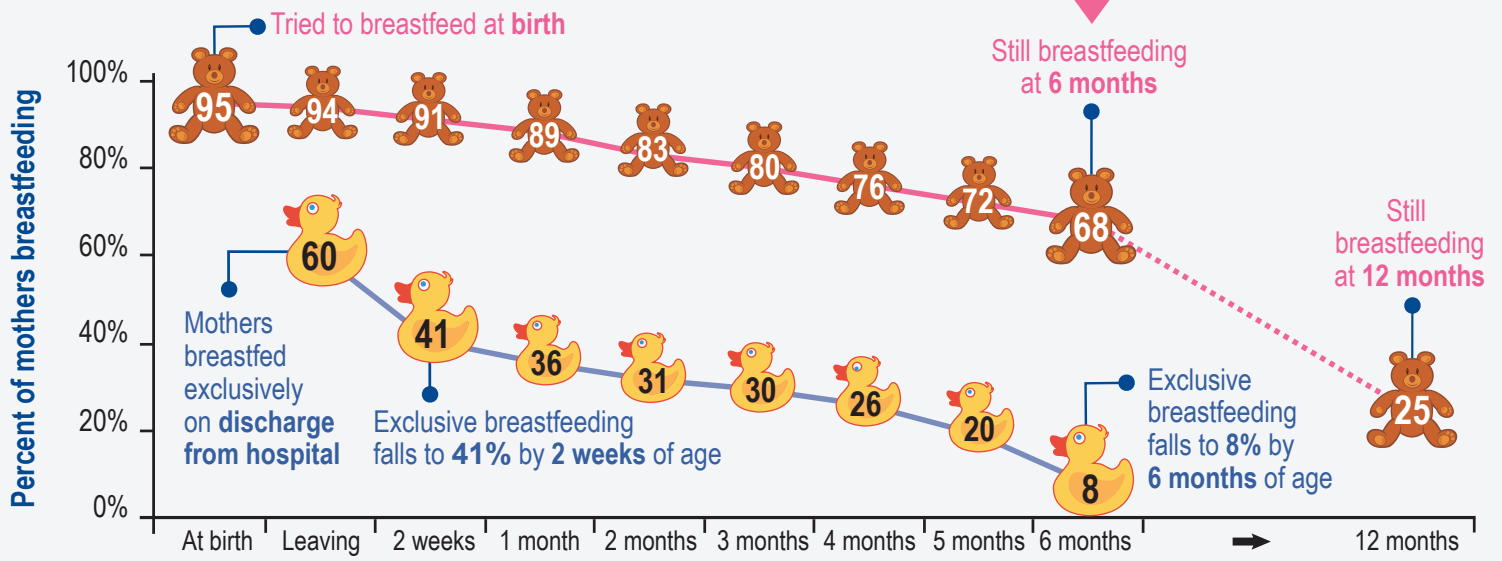
Higher household income = More likely to TRY to breastfeed (first-time mothers)

- Breastfed another child
- Full-term birth
- Born outside Canada
- Younger (20-29 years)
- Income (>\$30K)

More likely to TRY to breastfeed (multiparous mothers)

- Not feeding formula in-hospital
- Waiting until 6 months to introduce solids
- Higher education
- English or other mother tongue language

More likely to breastfeed at **6 months** (first-time mothers)



ANY breastfeeding
 EXCLUSIVE breastfeeding

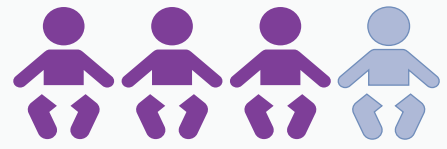
Higher education = More likely to breastfeed **exclusively** at 6 months (first-time mothers)

Vaginal birth

Mothers with infants who were **fed formula in-hospital**, were more likely to stop breastfeeding before **6 months** of age



46% of breastfed infants were fed formula in-hospital



75% of all mothers fed formula before **6 months** of age

Concern about **inadequate milk supply** was the most common reason for early breastfeeding cessation and formula introduction



TOP 3 reasons for breastfeeding cessation before 6 months of age



Milk supply concerns



Difficulties with breastfeeding

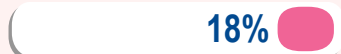


Medical condition of mother or infant

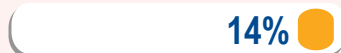
TOP 3 reasons for introducing formula



Milk supply concerns



Medical condition of mother or infant



Difficulties with breastfeeding

69% of mothers **introduced complimentary foods** before **6 months** of age



TOP 3 reasons for introducing solid foods



The infant was ready for solids

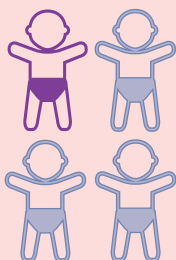


A health professional advised them



Parents thought their infant was not getting enough milk

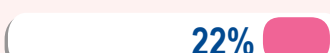
25% of mothers **continued to breastfeed** at **12 months** of age



TOP 3 reasons for breastfeeding cessation between 6 and 12 months of age



Return to work or school



Milk supply concerns



Difficulties with breastfeeding

94% of mothers would **consider breastfeeding their next child**



This fact sheet describes results from the Ottawa Public Health Infant Feeding Surveillance System (IFSS) as well as from the Better Outcomes Registry & Network (BORN) Ontario Information System. Birth to six month estimates are from 2014 and 12-month estimates are from 2013.

This infographic is a graphical summary of the Infant Feeding in Ottawa 2012-2014 Report. A complete and accessible version of the full report, with references, is available at www.ottawa.ca/healthreports.





Need help with BREASTFEEDING?

Here is a list of **free breastfeeding supports and services available in your community.**

Parenting in Ottawa website and Facebook page

Visit ParentinginOttawa.ca for breastfeeding information and resources; and speak to a public health nurse on our Facebook page at [Facebook.com/ParentinginOttawa](https://www.facebook.com/ParentinginOttawa)

Parenting in Ottawa and Breastfeeding Support Drop-ins

Free *Parenting in Ottawa Drop-ins* which offer well-baby and breastfeeding support by public health nurses.

Free Breastfeeding Support Drop-ins which offer breastfeeding support by a Lactation Consultant.

Check the schedule online for the drop-in closest to you.
www.parentinginottawa.com/en/Breastfeeding-Support.asp

Ottawa Public Health Information Line

Free and confidential breastfeeding information and support given by public health nurses. You can call the line Monday to Friday 9 a.m. to 4 p.m. at 613-580-6744.

Ottawa Breastfeeding Buddies

Free mom-to-mom breastfeeding support. To get a breastfeeding buddy: Fill and send in the [online form](#), call 613-580-6744 ext. 23932 or email Ottbreastfeedingbuddies@ottawa.ca

La Leche League Canada

Mothers can go to monthly meetings to get breastfeeding information and support. The meetings also give mothers

the chance to meet other mothers who are breastfeeding. They also offer telephone support for pregnant and breastfeeding women. You can contact La Leche League Canada for breastfeeding information and support 7 days a week. Call the Ottawa Chapter at 613-238-5919, e-mail: llcottawa@gmail.com or visit www.lllc.ca

Ottawa Valley Lactation Consultants: Private Lactation Consultants

One-on-one help with breastfeeding in your home or at the Lactation Consultant's office. There is a cost for the services. To find a Lactation Consultant visit www.ovlc.net

Telehealth Ontario

Free breastfeeding telephone support is available 24 hours a day, 7 days a week by calling 1-866-797-0000.

Ottawa Breastfeeds

Provides families in Ottawa and the region with access to information about breastfeeding support services. For more information visit www.ottawabreastfeeds.ca

Multiple Births Canada Breastfeeding Support Network

Support for families who are thinking about breastfeeding or are breastfeeding more than one baby. Call 613-834-8946 or email: breastfeeding@multiplebirthscanada.org

Are you pregnant and want to learn more about breastfeeding?

OPH Prenatal Classes

Ottawa Public Health offers free in-person and online prenatal classes. For more information visit ParentinginOttawa.ca

Free Prenatal Breastfeeding Information Sessions

Free sessions taught by a Lactation Consultant in several Community Health Centres. Visit ParentinginOttawa.ca for a location near you.

