

[www.southlakefht.ca](http://www.southlakefht.ca)

Telephone Number: 905-853-3103

After hours Telephone Number: 1-866-553-7205 (urgent care → weekends and evenings)

### **Parenting**

**York Region Health Connection** - 1-888-361-5653

Information re: breastfeeding, infant feeding, safety, car seat safety, immunizations, parenting, child development, postpartum mood disorders

[www.york.ca](http://www.york.ca)

**Simcoe Muskoka District Health Unit** - 1-877-721-7520

Information re: breastfeeding, infant feeding, safety, car seat safety, immunizations, parenting, child development, postpartum mood disorders

[www.simcoemuskoka.org](http://www.simcoemuskoka.org)

**Telehealth Ontario** - 1-866-676-7000 or after hours for our patients call 1-866-553-7205

**Ontario Poison Centre** -1-800-268-9017 or 416-813-5900

24 hour telephone consultation; [www.ontariopoisoncentre.com](http://www.ontariopoisoncentre.com)

**The Hospital for Sick Children**

Information re: pregnancy, babies and children's health;

<http://www.aboutkidshealth.ca>

**Caring for kids**

Information for parents from Canadian Pediatricians; [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

**York Region Preschool Speech and Language (Beyond Words)** - 1-888-703-5437

[www.beyond-words.org](http://www.beyond-words.org)

**Ontario Early Years Centre**

Programs and services for parents & caregivers for children up to age 6 years

**York Region** - Head Office for York, North - 17310 Yonge St. Unit 6, Newmarket

905-853-0754 [www.yorkchild.ca](http://www.yorkchild.ca)

Satellite centres in Holland Landing, Sutton, Keswick, Schomberg, Newmarket

**Simcoe County** - Head office for Bradford - 118 Barrie St. Bradford 905-775-

3039 x 229 [www.simcoecommunityservices.ca](http://www.simcoecommunityservices.ca)

**Central CCAC (Community Care Access Centre) Child and Family Services**

In home and school support services for special needs children & families

1-888-470-2222

## **Immunizations**

**Ontario Routine Immunization Schedule**

[http://www.health.gov.on.ca/en/public/programs/immunization/static/immunization\\_tool.html](http://www.health.gov.on.ca/en/public/programs/immunization/static/immunization_tool.html)

**York Region Public Health**

<http://www.york.ca/wps/portal/yorkhome/health/yr/immunizations>

## **Car Seat Safety**

**Ministry of Transportation of Ontario**

[www.mto.gov.on.ca/english/safety/carseat/choose.shtml#infants](http://www.mto.gov.on.ca/english/safety/carseat/choose.shtml#infants)

**Transport Canada 1-800-333-0371**

**York Region**

[www.york.ca/Services/Public+Health+and+Safety/Injury+Prevention/Road+Safety+Resources](http://www.york.ca/Services/Public+Health+and+Safety/Injury+Prevention/Road+Safety+Resources)

## **Child Safety**

**Infant and Toddler Safety Association -1-888-570-0181**

**Safe Kids Canada -1-888-723-3847 [www.safekidscanada.ca](http://www.safekidscanada.ca)**

## **Nutrition**

**Eat Right Ontario 1-877-510- 5102**

Advice from a registered dietician; [www.eatrightontario.ca](http://www.eatrightontario.ca)

**Southlake Family Health Team**

Call office to book appointment with our dietitian regarding: infant/child nutrition

## **Child Development**

**Nipissing District Developmental Screen - Register at: [www.endds.com](http://www.endds.com)**

- To get a checklist that capture's child's development
- Email reminders when it's time to do the next checklist
- Tips and activities to encourage your child's development

## **Breastfeeding Resources**

### ***Southlake Family Health Team - Breastfeeding Support*** - 905-853-3103

Trained registered nurses are available to assist with prenatal breastfeeding education and in office postpartum visits.

### ***York Region Health Connection*** - 1-888-361-5653

Information re: breastfeeding, free breastfeeding clinics by appointment

[www.york.ca](http://www.york.ca)

### ***Simcoe Muskoka District Health Unit*** - 1-877- 721-7520

Information re: breastfeeding, breastfeeding clinics by appointment

[www.simcoemuskoka.org](http://www.simcoemuskoka.org)

### ***Motherisk*** - 1-416-813-6780

Information regarding breastfeeding and drugs or medications

[www.motherrisk.org](http://www.motherrisk.org)

### ***La Leche League Canada*** - 1-800-665-4324

Mother-To-Mother support by phone, email, local groups

[www.lllc.ca](http://www.lllc.ca)

### ***Region of Peel*** - Breastfeeding Resources

Includes instructional videos in different languages

[www.peelregion.ca/breastfeeding](http://www.peelregion.ca/breastfeeding)

### ***Canadian Lactation Consultant Association***

Find private lactation consultant services in your area (fee for service)

[www.ilca.org](http://www.ilca.org)

### ***Newman Breastfeeding Clinic*** - 1-416-498-0002

Information on website, breastfeeding clinic and consultation appointments

[www.nbci.ca](http://www.nbci.ca)

## **Breast Pump Sales and Rentals**

### ***Southlake Regional Health Centre***

596 Davis Drive Newmarket (905) 895-4521 ext. 2225

*Ameda breast pumps* - to rent or purchase

Also sells pump parts, breast shells, nipple shields, breastfeeding pillows, seamless reusable breast pads, Haberman feeders and parts.

### ***Shoppers Home Health Care***

17725 Yonge St. Newmarket (905) 950-9907

*Medela pumps* - to rent or purchase (also sell Medela parts for rental pumps)

### ***Babies 'R Us***

Various locations and various makes and models of pumps for purchase

### ***Care Drugs Ltd.***

24 Orchard Heights Aurora (905) 713-2828

*Medela pumps*- to rent or purchase pumps and parts

## **Formula Preparation**

If for medical reasons your baby requires formula please see the following website to ensure that you are preparing the formula correctly:

[https://www.york.ca/wps/wcm/connect/yorkpublic/2a39389e-2d70-4f30-8b49-a6e3bab4859a/Feeding\\_Your\\_Baby\\_Infant\\_Formula.pdf?MOD=AJPERES](https://www.york.ca/wps/wcm/connect/yorkpublic/2a39389e-2d70-4f30-8b49-a6e3bab4859a/Feeding_Your_Baby_Infant_Formula.pdf?MOD=AJPERES)

Or call York Region Health Connections 1-888-361-5653

## **Postpartum Mood Disorders**

Education and support groups for perinatal mood disorders and adjustment to parenthood

### ***Southlake Family Health Team***

Call our office or speak to your MD for referral to see one of our social workers

***York Region Health Connection*** - 1-888-361-5653

[www.york.ca](http://www.york.ca)

***Simcoe Muskoka District Health Unit*** -1-877- 721-7520

[www.simcoemuskoka.org](http://www.simcoemuskoka.org)

***Community Crisis Response Service*** - 310-COPE (do not dial 905)

24-hour crisis line