
Positively Breastfeeding

Your breastfeeding experience is important. If you have had a positive experience, then please take a moment to write about it.

Why?

Share your positive experience about breastfeeding with the people who make decisions in hospitals and communities around Quebec. This will help them to understand that:

- Many women have great experiences with breastfeeding
- The people working with pregnant and breastfeeding women can make a difference
- There are great resources available which help women and their families
- Ongoing local , regional and provincial support is essential

How?

Use the form letter below to write about some positive aspect of breastfeeding that you want to share. It could be about a person or a thing (video, pamphlet, nurse etc) that helped you, or about the beauty of breastfeeding itself and how it makes you feel. Examples of positive experiences that you could share:

- ❖ Great prenatal or postnatal classes on breastfeeding (mention where classes were taken)
- ❖ Helpful lactation consultant who showed techniques for success (mention where LC was from- hospital, CLSC, or elsewhere)
- ❖ Supportive nurses following the birth of baby (mention if in hospital or from CLSC)
- ❖ Informative nutritionist in clinic who dispelled myths or explained the advantages of breastfeeding (mention if in hospital , CLSC or other community clinic)
- ❖ Encouraging pharmacist who provided clear information about breastfeeding pumps (mention pharmacy)
- ❖ Experienced Nourri-Source volunteer or community worker who provided breastfeeding support during a challenging time (mention community resource/centre)

To Whom?

Send your letter to our provincial health minister and any of the other suggested destinations below related to your breastfeeding experience.

	Provincial level	Regional level	Local level Hospital , CLSC, Birthing Centre etc.
Impact or reason	Inform the health minister of how hospital and community resources are invaluable to breastfeeding support	Inform your public health agency of how public health resources made your breastfeeding experience a positive one	Inform the director (where you gave birth to your baby or received postpartum care) of how their staff, classes or other resources helped you with breastfeeding
To whom	Dr Yves Bolduc , Ministère de la Santé et des Services sociaux	Dr Richard Lessard Director	Mme Diane Lemieux Program Manager Perinatality
email	ministre@msss.gouv.qc.ca	richard_lessard@ssss.gouv.qc.ca	dlemieux@ssss.gouv.qc.ca
address	2021, rue Union, 10e étage, suite 10.051 Montréal (Québec) H3A 2S9	Direction de santé publique 1301 Sherbrooke Est, Montréal (Québec) H2L 1M3	CSSS de l'Ouest-de-l'Île CLSC du Lac-Saint-Louis 180, avenue Cartier Pointe-Claire, Québec H9S 4S1 514 697-4110 poste 1540 Fax :514-626-9726

Breastfeeding is a gift that lasts a lifetime!

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Date _____

Dear _____

I would like to share my positive **breastfeeding** experience with you.

I would like you to know what kind of **great** support and resources are available to women like me, who are breastfeeding their infants. I understand how important breastfeeding is for my child's optimal growth and development, immune system and future health, although it is not always straightforward to be successful.

Here is an example of how I was helped along with this **process**:

Please continue to **support the health care providers** in hospitals and communities around Quebec who work hard to help women and their families with breastfeeding.

Thank you,

Breastfeeding is a gift that lasts a lifetime!