

Bottle / Formula Feeding Resources



EatRight Ontario

- Free advice from registered dietitians on proper use of infant feeding: Formula, introducing solid foods, etc.
- Available by phone or email
- <https://www.eatrightontario.ca/en/> 1 (877) 510- 5102

The Sears Family

- Martha Sears, RN, and her husband Dr William Sears are co-authors of “The Baby Book”, and a couple dozen others.
- Their website AskDrSears.com is informative on a range of infant care and development topics, and the section on Bottle Feeding is very comprehensive.
- <http://www.askdrsears.com/topics/feeding-eating/bottle-feeding>

The MotHERS Program

- The MotHERS program is a great resource on a variety of topics for new parents.
- <http://www.themothersprogram.ca/after-delivery/formula-what-you-need-to-know/bottle-feeding>

Cindy and Jana

- Informative website run by registered nurses. Step by step instructions on preparing and handling formula:
- <http://cindyandjana.com/preparing-and-handling-formula/>

Groups @ Chigamik - 845 King St Midland

- “Mama Tribe” Parenting and breastfeeding drop in Wednesdays 12- 3pm
 - Visit with special guests including a public health nurse, lactation consultant, nurse practitioner, postpartum mood disorder specialist and many others
 - Everyone welcome regardless of whether baby is breast or bottle feeding.
 - The time sometimes changes, so call to confirm: (705) 527-4154 x254
- “MotherCare” Drop-in Wednesdays at 9:30 - 11:30
 - Drop-in for support during pregnancy and for the first 2 months of baby’s life.
 - Geared towards those with a low income and/or poor social supports.
 - Free food, prenatal vitamins, and health information
 - Infant feeding and parenting support.
 - Call co-ordinator Colleen Hood for more information: (705) 526-2152
 - MotherCare also operates clinics in other communities: Alliston, Angus, Barrie, Bradford, Collingwood, Innisfil, Orillia, and Wasaga Beach: <http://www.catulpa.on.ca/>