

Online Ottawa area resources for new parents during Covid19

Breastfeeding

Ottawabreastfeeds.ca lists **local lactation consultants and their contact information**. Although this page is part of the Milkface Nursingwear website, their list has information on all local IBCLCs

Lactation consultants (IBCLCs) who are offering **virtual visits**:

- Tobi-Lynn Bayarova (bilingual)
- Ginette Bertrand (bilingual)
- Lyne Lacroix (bilingual)
- Milkface (three IBCLCs)
- Sue Theriault-Valin
- Susan Wheat
- [Ottawa Community Health Centres](#) are offering virtual and phone visits (see info under [in-person visits](#) below)

In-person visits. Please note that this situation may change with little notice, but to date these IBCLCs have been offering in-person visits using all necessary Covid precautions:

- Tobi-Lynn Bayarova
- Adria MacMartin
- Trish Toompuu ([Latch Lactation Consulting](#))
- [Ottawa Community Health Centres](#). In-person appointments, virtual and phone visits with IBCLCs are available at Carlington, Pinecrest-Queensway, Somerset West and South East Ottawa. Centretown is offering visits with an experienced Registered Nurse. See the [Parentinginottawa.ca](#) Drop-In page for the detailed listings and contact information.

Breast pump rentals and loans

Rentals

- Ginette Bertrand 613-746-9480
- Integrative Pharmacy (Orleans) 613-424-5741
- Milkface Nursingwear (Westboro) 613-596-1170
- Monarch Centre (Hunt Club) 613-627-0795
- Ottawa Hospital General Campus (Canada Care Medical, main fl) 613-737-8844
- Whitecross Dispensary (Elgin Street) 613-233-4029

Loans from Community Health Centres

- Carlington (if working with their LC)
- Centretown (clients in catchment area)
- Pinecrest Queensway (clients in catchment area)
- Somerset West (clients of their doctors or nurse practitioners only)
- South East Ottawa

Infant sleep

[Sarah Ockwell-Smith](#) has some great sleep articles on her website sarahockwell-smith.com and also a You-tube channel with good videos listed under her name.

[Ottawa Childbirth Education Association](#) ottawacea.com has a four-session Infant Sleep Class that is being given online. There is also a four-session Infant Massage class which teaching a wonderful soothing technique that can be used to help prepare baby for sleep.

Most [sleep consultants](#) have always offered their services through video chat and phone support. Just google sleep consultants for a large list of these services. Make sure that their philosophy matches your approach to parenting.

Medical care and vaccinations

CHEO has opened the [Children's Immunization Clinic](#) for children under two for those who cannot get care through a primary care provider. Access the clinic by calling [Ottawa Public Health](#) at 613-580-6744

Don't have a doctor? Appletree Medical Group is offering video and phone appointments appletreemedicalgroup.com

[Ottawa Public Health](#) is still offering some well-baby drop ins at local community health centres. See parentinginottawa.ca

Movement and exercise for parents (and their babies)

[Salsa Babies](#) offers baby-wearing latin dance classes online salsababies.com or on facebook

[Fitmom Ottawa](#) has several types of fitness classes for moms, including mother-baby classes fitmomottawa.com or on facebook

[EarlyON Child and Family centres](#) are offering several programs for parents and young babies. See their calendars on facebook under [Western Ottawa Community Resource Centre](#)

[Online live mother-baby yoga classes: Western Ottawa EarlyON centre \(see above\),](#)
Torontoyogamamas.com, Westendmamas.ca

Play and music for babies (and their parents)

[Monkey Rock](#) is a wonderful, interactive music experience for parents and babies newborn to one year old. See them on facebook or monkeyrockmusic.com

[Ottawa Public Library](#) is offering their baby storytime, rhymes and songs sessions online. These are bilingual or in French or English. See bibliottawalibrary.ca

EarlyON Child and Family centres are offering several virtual programs for parents and young babies. See their calendars on facebook under [Western Ottawa Community Resource Centre](#) and also [Peterborough Child & Family Centres](#)

Virtual circle time by Jess Morsink on YouTube

Postpartum depression, anxiety and other mood issues

Family Services Ottawa and Jewish Family Services Ottawa have private phone counselling available as well as Family Services' *Beyond The Baby Blues* 10 week program: 613-725-3601 ext 108

Mothercraft Ottawa has a virtual Postpartum Support Group. Email Courtney.Holmes@mothercraft.com or see their facebook page.

Canadian Perinatal Mental Health Collaborative has a very active facebook page

Online individual counselling from local therapists who often work with parenting issues (this is an incomplete list):

- Michele Glover fullcirclecounselling.ca
- Phaedra Gryz ocpsychotherapycentre.com/phaedra-gryz
- Kyli Robertson, Mandie Robertson robertsontherapy.ca

Local general parenting resources:

The Parent Resource Centre has an info line for helping you find local resources at 613-565-2467 and also can be found on facebook or at parentresource.ca

Kids in the Capital a fun and informative facebook blog for Ottawa parents