

Lactation and Breastfeeding Education & Support:

I offer education and support for my clients on many subjects including this one prior to their birth and then I help them initiate their first feeding. However; problems can still arise after birth, during postpartum or even later within the nursing period. I'm here to advise them in things they can try. If they're coming in after the fact or strictly looking to hire someone to help, I can teach you things such as; choosing the right nursing bra, proper latch, nursing positions, problems areas they may face, like pumping, properly storing breastmilk, transitioning to a cup and weaning their baby. We can also address problem areas such as biting, leaking, sore nipples, mastitis or plugged ducts, etc.