

How to Prepare for Your Post-Natal Lactation Visit:

1. Be sure to eat a nutritious breakfast before your morning appt., and/or a nutritious lunch before your afternoon appt. I provide a water bottle for your visit, however if you prefer your own beverage, please bring it along.
2. You can bring your baby in your arms or baby carrier. A stroller is not needed.
3. Bring your own breast pump and parts, pumped breastmilk or formula if using, and any breastfeeding aids or bottles.
4. Diaper bag- with clean diapers, change of clothing and dribble cloths.
5. I have a Boppy pillow so no need to bring one.
6. You are welcome to bring your husband/partner, mother or mother-in law, or close support person. however, I only have one extra seat in my office.
7. It would be best to get a sitter for your other children so you can completely focus on the information you'll be learning.