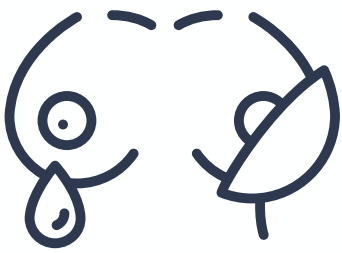


Lactation Classes



LACTATION ESSENTIALS

- BENEFITS
- HOW MILK IS MADE
- BREASTMILK NUTRITION
- GETTING STARTED
- KANGAROO CARE
- LATCH
- POSITIONING
- HAND EXPRESSION
- FEEDING SCHEDULE
- NIPPLE CARE
- HUNGER CUES
- SUPPORT



LACTATION OBSTACLES

- MILK SUPPLY
- SECOND NIGHT
- SLEEPY BABY
- BLOOD SUGAR
- JAUNDICE
- LATCH NOT WORKING
- SORE NIPPLES
- NIPPLE BLISTERS/WOUNDS
- TIES/TOTS
- SUPPLEMENTING
- NIPPLE SHIELDS
- BOTTLES
- ENGORGEMENT
- PLUGGED DUCTS/MASTITIS



PUMPING PREPARATION

- PICK THE PERFECT PUMP
- OBTAIN A PUMP
- HOW THE PUMP WORKS
- FLANGE FITTING
- MAXIMIZING MILK EXPRESSION
- BUILD A FREEZER STASH
- BOTTLES
- BACK WORK
- SUPPLIES
- SAFE HANDLING



1:1 LACTATION COACHING

1 One-on-One Lactation Coaching visit used whenever you would like. The visit includes a full assessment & answer any questions. If used after baby is born it will include full infant assessment and weighted feeding assessment, infant oral assessment.