



Lactation Services

Breastfeeding is a learned art. Babies instinctively know what to do but mothers benefit from guidance and support which can help to get breastfeeding off to a good start.

The following services are available so that you and your baby can enjoy your breastfeeding experience from the beginning.

Prenatal Breastfeeding Instruction: A 2 ½ hr class, offered monthly, which is designed to prepare the expectant mother for successful breastfeeding. Information includes the importance of skin-to-skin contact, how your breasts make milk, why your baby needs to nurse often, how to position your baby to enable effective latch, recognizing baby's feeding cues and how to know baby is getting enough. Most breastfeeding problems, such as sore nipples and low milk supply can be avoided; this class will tell you how and when to get help if needed. In depth information is provided that may not be covered in childbirth classes and is geared to Birth Center early discharge. If you're expecting your first baby, had difficulties breastfeeding before, or would just like to learn more and renew your skills, plan to attend this class.

Individual Lactation Consultations: One-to-one visit with lactation consultant to help you gain confidence in breastfeeding, reassure you that all is well, and answer your questions or concerns after your baby has arrived. Also, more in-depth, comprehensive visits (usually 2 hr) for help with specific breastfeeding problems, such as sore nipples, suspected lowered milk supply, difficulty with latch or baby's weight gain, among other issues. The following specific times are available:

1. Before You Go Home With Your Baby: If you find after your baby arrives that you're having difficulty with breastfeeding, baby's not latching comfortably or having trouble latching to breast, or you're unsure if baby is really swallowing at breast, you can arrange a lactation consult before or immediately after your discharge from the Childbirth Center. This will be a brief, problem-focused visit, and if ongoing help is needed, a return visit can be made, or if time allows and mother and baby are up to it, a continuation of the "brief visit" can occur.

2. At your One Week Post Partum Visit: If you'd like to meet with the lactation consultant before or after your midwife appointment, a brief, ½-1 hr, consult can be arranged. A time to ask questions, discuss how breastfeeding has been going, and if baby is willing have breastfeeding observed. If it is found that there are specific breastfeeding issues that need more in-depth assessment and intervention, additional time will be given if possible or an additional office consultation can be scheduled as soon as possible.

3. Anytime You Have Concerns or Breastfeeding Difficulties: An office visit can be scheduled whenever you or your midwives feel a lactation consult will be helpful. These visits are generally more involved, breastfeeding is always observed (consult times should be arranged

when baby will be likely to nurse for a feeding), feeding weights taken, maternal and infant history taken, handouts and written plan of care given; follow-up calls included. Report to pediatrician will be sent. Return visits when a necessary part of treatment or by your request. Early intervention is always advisable and makes problems easier to solve. Individual lactation consults are offered by appointment only, Monday-Friday, 9 AM-3 PM at the CT Childbirth and Women's Center, 94 Locust Ave, Danbury, CT. To schedule an appointment, please call Barbara Latterner at 845-279-7605.

Weekend hours reserved for special circumstances as it is understood that some problems occur suddenly; the lactation consultant may also be able to provide phone help when appropriate over the weekend until Monday appointment.

"Lactation help before you go home" is the exception to usual appointments and is available as follows:

Time available: 9 AM-6 PM

Possible scenario: Your baby is born at 4 AM, has difficulty with breast attachment or attachment is causing you pain with first (4:10 AM) and second (6 AM) breastfeeds, and you plan to stay at Birth Center for 4-6 hr, making your discharge time, 8 AM or 10 AM. You can contact Barbara, or ask your nurse to call, at 7:30 AM and have a consult at 9 AM, after or before your discharge.

****** If you would like to arrange a consult before your baby's birth, please contact Barbara with expected due date to confirm her availability.

Individual lactation consults will be billed to your insurance with usual co-pay to be made at time of service.

New Mom/Baby Support Group: Weekly gathering, at the Childbirth Center, of moms and babies for informal discussion of mothering, breastfeeding, feelings and concerns in a supportive environment. A nice way to meet other moms and get out of the house! Flyers on back wall of exam room area, feel free to take one for future reference. Call Barbara (845-279-7605) to register and be certain group is happening that week. Fee: \$20/session or \$100 for 6 sessions; sliding scale available.

All of the above services are offered by Barbara Latterner, BSN, RN, IBCLC, a board-certified lactation consultant. She has been in private practice since 1996, and with the CT Childbirth and Women's Center since 1997 providing the prenatal breastfeeding classes and mother/baby support group. She looks forward to meeting you and your baby and hopes the availability of individual breastfeeding counseling and assistance will promote the health of mothers and babies by improving breastfeeding outcomes and duration.

Feel free to call Barbara (845-279-7605) or the Midwifery Office (203-748-6000) with any questions you may have about any of the above information.