



Lactation Services

The Nurse Practitioners at South Lake Pediatrics are Internationally Board Certified Lactation Consultants (I.B.C.L.C.) who can assist you with your breastfeeding needs. Our knowledge is research based, up to date and taught with empathy and understanding. As nurse practitioners we will also be examining your infants for any medical concerns.

Prenatal – We can discuss the breastfeeding process so you can decide if breastfeeding is right for you and your family and answer any questions you may have.

Postnatal – In the hospital we can help you get breastfeeding off to a good start. In the clinic we can continue to support your breastfeeding experience, answer questions, and help you if difficult situations do come along.

Infancy – We will discuss normal nursing patterns as your baby grows and changes.

Returning to Work – If you will be returning to work after the birth of your baby and wish to continue nursing, we can help you develop a plan tailored to your needs. We can assist you with equipment needs and help you choose a breast pump that's right for you.

When to call the Office:

- Your baby is not having enough wet diapers and/or bowel movements.
- You are having any problems with nursing-such as sore nipples, difficulty latching your baby on to the breast, ongoing engorgement-make an appointment for a lactation visit with one of our nurse practitioners who can gather a detailed history, watch the baby nurse and offer you tips to deal with your particular problem.
- Routine Appointments – We would like to see you when the baby is 4-7 days old for a lactation visit and when your baby is approximately 2 weeks old.

Books for Mom

The Womanly Art of Breastfeeding. (2004) La Leche League International.
So That's What They're For! Breastfeeding Basics. (2005) J. Tamaro.
The Breastfeeding Answer Book. (2003) N. Mohrbacher & J. Stock.
Breastfeeding Your Premature Baby. (1999) G. Gotsch.
Mothering Multiples: Breastfeeding & Caring for Twins or More! (1999) K. Gromada.
New Mother's Guide to Breastfeeding. (2006) J. Meek.

Books for Dad

New Father: A Dad's Guide to the First Year. (1997) A. Brott.
The Father's Almanac. (1992) S. Adams Sullivan.

Books for Siblings

Mommy Breastfeeds our Baby. (1990) T. Carroll.
Will There Be A Lap For Me? (1995) D. Corey.
We Have A Baby. (1999) C. Falwell.
Welcoming Babies. (1998) M. Burns Knight.