



...where nurturing happens

2415 Wilshire Blvd.
Santa Monica, CA 90403
310.998.1981

1248 Vine Street
Hollywood, CA 90038
323.469.5300

LACTATION PROFESSIONALS

Choosing a Lactation Professional can be very confusing. There is a wide array of individuals with different levels of training, education, and skills that offer lactation services. Within the field of lactation, some practitioners are licensed health care professionals (physicians, registered nurses, physical therapists, occupational therapists or registered dietitians), while others have no medical credentials. Due in part to their diverse backgrounds, lactation professionals may use varying approaches and methods in their practice. Since the lactation profession is not governmentally regulated, individual practitioners may call themselves whatever they wish: Lactation Educator, Lactation Consultant, Lactation Specialist, Lactation Counselor and so on.

The education of a lactation practitioner can vary from taking a 40 hour online course to a formal university program leading to certification or even a healthcare degree with a concentration in lactation. The most recognized credential, IBCLC (International Board Certified Lactation Consultant) means the practitioner has qualified for and passed a written examination given by the Board of Lactation Examiners.

At the Pump Station & Nurtury™, our Lactation Consultants are licensed medical professionals who received their lactation education through a university program, and have been successfully credentialed by the International Board of Lactation Consultant Examiners. We also have UCLA certified Lactation Educators on staff that are immensely helpful in answering routine breastfeeding questions and guiding women to the appropriate resource, product, class or consultant.

(Adapted from Breastfeeding Resource Directory from the Breastfeeding Task Force of Greater Los Angeles www.breastfeedla.org <<http://www.breastfeedla.org>>)

WHEN TO SEEK LACTATION SUPPORT

Producing milk is natural; the art of latching a baby to the breast is learned. Sometimes what is supposed to come easily doesn't, and sometimes a breastfeeding problem occurs after discharge from the hospital. The following are situations in which lactation professionals would be very helpful.

You Need Help if:

- Your baby does not latch onto your breast or latch on is difficult
- You have sore, cracked, painful nipples
- You are severely engorged and the baby is now struggling to latch
- Your breasts are not fuller (engorged) by day 5
- You are concerned that your baby is not receiving enough milk
 - Your baby isn't urinating 6 times a day by day 6
 - Your baby isn't having at least 3 yellow, runny stools in 24 hours by day 6
 - Your baby is very sleepy and not waking for feeds
 - Your baby cries all the time
 - Your baby hasn't regained birth weight at two weeks
- Your baby was born at 37 weeks of gestation or earlier
- Your baby was in the Neonatal Intensive Care Unit (NICU)
- Mother and baby were separated at birth due to infant or maternal complications
- You had a previous difficult breastfeeding experience
- You have had breast surgery
- You need reassurance that you are doing it "right"