## Information for Breastfeeding Families

When to Call a Lactation Consultant



## Call a lactation consultant for additional instruction and support if your baby :

- Is jaundiced
- Refuses to latch-on
- Is not gaining weight quickly
  (3/4 1 oz per day)
- Is gaining weight too quickly (more than 1 ½ oz per day)
- Cries a lot and is fussy
- Feeds "all of the time"
- > Is premature or a "late preterm" baby
- Spits up "a lot"

## Call a lactation consultant for additional instruction and support if you :

- > Have flat or inverted nipples
- Have sore nipples
- > Are engorged
- > Are ill or need to have surgery
- Have a low milk supply
- > Are returning to work
- > Experience mastitis (breast infection)
- > Wish to breastfeed an adopted baby
- Experience stress around feedings
- Need to take medications
- Need advice about selecting an appropriate breast pump
- Are receiving conflicting advice or discouragement to breastfeed

## Or, anytime you are unsure if breastfeeding is going well

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