



# Breastfeeding Resource Center

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[www.BreastfeedingResourceCenter.org](http://www.BreastfeedingResourceCenter.org)

## Welcome to the BRC!

We are so glad that you scheduled an appointment. We look forward to working with you and your baby! Here is some information about what to expect at your first visit.

If you need to cancel or reschedule your appointment, please let us know 24 hours in advance so we may accommodate our clients who are waiting for a time slot.

Your lactation consultant will be easily identifiable with her BRC garb!

**These tips will help things go smoothly.**

1. Be sure your baby is hungry.
2. Have a few clean diapers and two receiving/swaddle blankets at hand.
3. If you are supplementing or concerned about your milk supply, please clean and sterilize your breast pump.
4. Please have the results of your baby's weight checks along with the appropriate dates.

**What happens during a typical consultation?**

- We will take a brief history and weigh your baby. We will observe a feeding and assist you with latch and positioning if necessary. We will work to improve your comfort if you are experiencing pain. We will weigh your baby after they nurse to measure their milk intake at the breast. We will come up with a care plan to help you to be successful!
- It's very important that you have a hungry baby so we can observe a full feeding. We suggest starting a feeding about 2 hours prior to your scheduled consultation time so that your baby is ready for another feeding when we arrive. This also applies to pumping. If you are currently pumping, do not pump for 2 hours prior to your visit.
- A consultation typically takes 1.5 - 2 hours. A report is sent to your doctor and your baby's doctor.