

In-Home Lactation Support



Lactation Consultation

Receive compassionate, evidence-based lactation care in the comfort of your home.

Together we'll assess feeding, address any challenges, answer your questions, and create a plan that fits your family's unique needs.



Breast Pump Flange Fitting and Support

Find the perfect size and shape of pump flange to fit your body and maximize comfort and milk output. We will discuss pump timing, technique and how to maximize rest.



Infant Craniosacral Therapy

Using a light, gentle touch, Infant CST aims to release patterns of tension that may develop during pregnancy or birth. It can be used alongside lactation support to help optimize comfort, movement, and feeding.

Amy Olsen, IBCLC

- International Board Certified Lactation Consultant
- Certified Birth & Postpartum Doula
- Certified Infant Craniosacral Therapist



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