



Anchored Women's Health

Ellsworth, ME

www.anchoredwomenshealth.com

Lactation Support Visits With Robin, IBCLC

- Prenatal: The best start to breastfeeding. Postpartum support plan. Resources for families.
- First Days: What's working? Positions, comfort measures, sleep patterns of newborns.
- First 2 Weeks: Review successes, challenges. Foods, herbs, medicine while breastfeeding. Supportive routines for new parents.
- The First Month: Signs of change, what the next few weeks look like. Plans for milk expression/return to work, or leaving house.
- 6 weeks: Storing and pumping strategies. Your rights under new law. Review: What's working, changes, and challenges.
- 10-12 weeks: Foods, growth spurts, changes in the next few months. Review and questions.

EACH VISIT IS APPROXIMATELY 60
MINUTES & MOST INSURANCE
PLANS WILL COVER THESE VISITS

207-573-0270

