

The Affordable Care Act defines comprehensive Lactation Services to include prenatal & postpartum preventive counseling, as well as management of breastfeeding problems, for the duration of breastfeeding.



**Prenatal:** Understanding milk supply  
Stages of milk production  
Breastfeeding myths & hunger cues



**Birth-1 week:** Establishing milk supply  
Latch & positioning  
Feeding cues



**1-2 months:** Maintaining milk supply  
Pumping

**3-5 months:** Return to work  
Preparing to start solids

**6-7 months:** Introducing solid foods  
Protecting milk supply

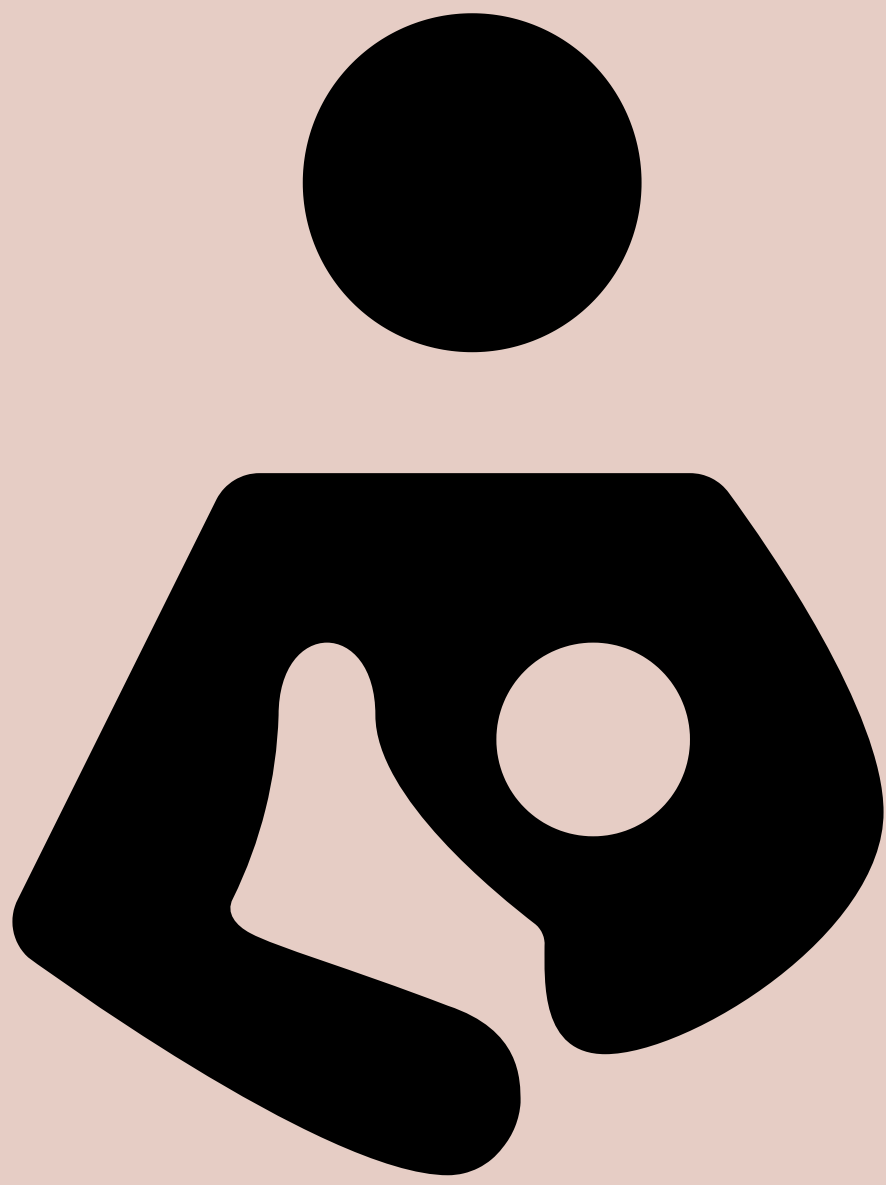
**8-9 months:** Self weaning myths & nursing strikes

**11-12 months:** Transition to solids as primary nutrition

**12-18 months:** Breastfeeding beyond 1 year & weaning



# Problem based support:



Sore nipples  
Difficulty latching  
Low milk supply  
Over supply  
Plugged ducts  
Nipple bleb  
Tongue Tie  
Pre-term baby  
Breast refusal  
Baby gassiness  
Exclusive pumping  
Bottle refusal  
Mastitis  
Slow baby weight gain  
Soreness with pumping  
and more...

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