

## 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 (1/2 – 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
- Experiencing 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*