

DON'T STRUGGLE ALONE:

WHEN TO FIND BREASTFEEDING SUPPORT & HELP (AND WHERE TO FIND IT)

TAMPA FLORIDA
NEWBORN PHOTOGRAPHER

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WHEN TO SEEK BREASTFEEDING SUPPORT

THE FIRST FEW DAYS AFTER BIRTH

- Difficulty latching your baby
- Potential low milk supply
- or you think your baby isn't getting enough milk...

IF YOU EXPERIENCE PAIN OR DISCOMFORT

- assess your breastfeeding technique
- check your baby's latch
- offer suggestions to improve your comfort
- can lead to more severe pain or even infection

IF YOUR BABY ISN'T GAINING WEIGHT OR IS LOSING WEIGHT

- normal for babies to lose a little weight in the first few days
- if they're not gaining it back
- continue to lose weight

IF YOU'RE STRUGGLING WITH MILK SUPPLY

- fewer than six wet diapers a day
- baby fussy and seems like they're still hungry even after a feed
- plenty of ways to boost your milk production

IF YOU'RE FEELING OVERWHELMED OR STRESSED

- can be a challenging and emotional journey
- a listening ear and a little encouragement

WHERE TO FIND BREASTFEEDING SUPPORT

HEALTHCARE PROVIDER

- Pros: Covered by most insurance plans, convenient, reliable
- Cons: Limited time during appointments, may not be specialized in lactation support

LACTATION CONSULTANTS OR BREASTFEEDING COUNSELOR

- Pros: Highly specialized, personalized support, reliable
- Cons: Can be costly, may not be covered by insurance
- Jaime Kaley Perez with Thriving Joy Pediatrics

LA LECHE LEAGUE

- Pros: Free or low-cost, supportive community, reliable info
- Cons: May not be available in all areas, may not be as personalized as other options
- Pasco, Tampa

ONLINE BREASTFEEDING COMMUNITIES AND FORUMS

- Pros: Convenient, accessible 24/7, free
- Cons: May not be reliable sources of information, may not be as personalized as other options
- What to Expect, Milky Mamas, The Leaky Boob

BREASTFEEDING SUPPORT GROUPS

- Pros: Free or low-cost, supportive community, reliable info
- Cons: May not be available in all areas, may not be as personalized as other options

FRIENDS & FAMILY MEMBERS WHO HAVE BF EXPERIENCE

- Pros: Free, personalized support, convenient
- Cons: May not have the same level of expertise as other options, may not be available if you don't know anyone with breastfeeding experience