

WHAT TO EXPECT AT YOUR HOME LACTATION VISIT

What to expect...

We are feeding specialists – we care for both MOM and BABY – often educating the entire family regarding breastfeeding routines and care. We will help you to establish a routine that works for your family. We will discuss your short and long term breastfeeding goals.

We realize you may be in survival mode! Be assured that we will help you identify stressors to reduce anxiety in order to enjoy breastfeeding.

Prior to Visit

1. See our Website (BLCbaby.com) for all services/pricing.
2. Schedule your visit through the website. (Initial or Follow Up)
3. Check with your insurance company to see if they may pay for lactation care.
4. Note we do not file with insurance. We will give you a Superbill (receipt) so that

YOU may file it with your insurance company for possible reimbursement, after the visit.

5. You may use your HSA or Flex card to pay for the consultation/visit.
6. Fill out the on-line questionnaires, consents and medical history forms. We send these to you after you schedule your appointment. If you have trouble scheduling the appointment – send us an email. Hello@BLCbaby.com or call us at 574-703-1671.

7. PAYMENT IS EXPECTED PRIOR TO THE ACTUAL VISIT.

a. We prefer credit card payments. However, you may pay with cash at the

beginning of appointment when we arrive - as long as we know ahead of

time.

8. The Initial HOME visit is ~ 2 hours. A Follow Up HOME visit is ~ 1 hour.

9. We need to observe an entire feeding. So please schedule the visit around a typical feeding time. If baby has a full tummy and is sleeping when we arrive – it may be very difficult or even impossible to address all of your concerns.

10. Line up some help (support people) for the day of your visit.

Support People

1. Plan ahead. See if grandma/friend can watch siblings so daddy (partner, support person) can be present during the visit.
2. A support person is key to your successful BF journey. If daddy is unable to be present, consider inviting a trusted friend to be present to help you listen and learn.

Day of Visit

1. Your job is to REST, RECOVER (from birth) and to FEED your baby.
2. Do not waste time cleaning your house prior to our visit.
 - a. Its best to take a nap and be somewhat rested and ready to learn - instead of being exhausted. We are coming to see YOU and YOUR baby – not your house.
3. We don't care if you are in your pj's, bathrobe, no make up etc ... In fact, please wear comfy easy accessible clothing. Have a few snacks ready for yourself – because breastfeeding makes you hungry! Self-care is important.
4. Baby needs to be hungry but not starving, and exhausted from crying. If baby is super hungry (upset/screaming) prior to our arrival, give baby a very small amount (snack) until we arrive. Then hold, rock, snuggle and calm baby until we arrive.
5. We love animals – but don't want to meet your pets. Pets may be protective of mom and baby – understandable. Some of us are allergic to them. Please secure Fluffy and Snoopy in another room or outside prior to our arrival so we may make the most of our time together.

During Visit - Clinical Assessment

1. We will review your medical histories and birth story details prior to arriving.
2. We will bring an infant scale. We want to weigh your baby in a clean dry diaper just prior to a feeding. We will weigh the baby again, after the feeding to assess how much milk the baby drank. (we call this milk transfer)
3. Sometimes moms may appear to have tons of milk – but if baby can't efficiently suck swallow & breath during feeding, they may not be getting much at all. We will know this by the transfer amount. Baby may appear to be working really hard,

and may stay on the breast for a LONG time – seemingly feeding – BUT... the transfer amount tells us how much milk she/he is actually getting.

4. We visually examine both of your breasts. With your permission, we may manually check them if you have plugged ducts/mastitis symptoms or need help with how to properly perform hand expression.
5. We visually and manually perform an oral exam on the infant with a gloved finger. We assess the suck function and any possible oral restrictions or deficits. We look and feel for low or high muscle tone and suck coordination. We evaluate overall posture of baby at rest and during feedings.
6. We help you identify and understand hunger cues. We will help you to understand what is normal infant behavior.
7. We help you with different positions and latch techniques.
8. Photos – For clinical advancement of the Lactation Field of Study, we may take a few photos of your baby during the visit - but only with your written permission!

Care Plan

1. We provide a very brief written Care Plan to you before we leave your home.
2. We will provide a detailed Care Plan via email in a day or two. It is a clear path in written form, specific to meet your individual needs and address your specific issues.
3. We may send your doctor a brief written report/summary of our visit, depending on the complexity of the issues. We send it via secure private fax, to your baby's pediatrician and/or your Midwife, OB or Family Physician if needed.
4. We will recommend standard nutritional expectations for you and baby.
5. We will recommend a specific pumping and supplementation schedule if indicated.

End of Visit

1. We answer all your questions.
2. Discuss and schedule a follow up visit - if needed.
3. We may provide a specific list of recommended clinical referrals in order to

connect you with our TEAM approach where some clinical findings may warrant further evaluation and/or bodywork/treatment.



Professional allied providers include:

Dentists - trained in Frenectomy procedures

SLP Speech Language Pathologist trained in specific suck training skills

DO or Osteopathic Physician

CST Cranial Sacral Therapist

PT Physical Therapist

DC Doctor Chiropractic

OT Occupational Therapist

MT Myofunctional therapist.

MT Massage Therapist.

TT Tummy Time Method Therapist

CSOM Certified Specialist in Oral Myology

COM Certified Oral Myology offered through IAOM

OMT Oral Myofunctional Therapist

Different acronyms - depending on where they trained. And other Post Partum resources, etc...

A TEAM APPROACH IS THE BEST APPROACH!

After Visit

1. We will check up on you – to ensure you understand the Care Plan. 2. We provide a SUPERBILL (receipt) to you via email in a day or two.

1. You may submit this to your insurance company, for possible reimbursement.
2. Note: We do NOT file anything with insurance companies. This is your responsibility if you determine they may reimburse you. We are feeding specialists, not insurance company experts or magicians.

3. We will send you an electronic survey – please complete it so that we may improve our services. We want to hear from you.

If you are HAPPY with our services – please tell everyone!!! If you are UNHAPPY – please tell us!

THANK YOU FOR TRUSTING US IN YOUR BREASTFEEDING JOURNEY!

Birth & Lactation Connection, LLC BLCbaby.com