

# Art of Lactation

## Pro-Tips

- Book a Prenatal Consult with an IBCLC to get your breast milk journey off to a strong start. Individualized, proactive planning beats reactive problem solving any day
- Start your breast milk journey assuming your body will be able to make enough milk unless your healthcare provider tells you otherwise
- A mother's full milk supply is ready for their unborn baby at 7 months of pregnancy
- Proper shoe sizing and proper breast pump flange sizing are **EVERYTHING**
- Your nipple size will change upwards of 3-5 times over the course of your breastfeeding/pumping journey; therefore, your breast pump flange size may change, as well
- The best \$3 I ever spent on Amazon was for a silicone nipple measuring tool. Every breastfeeding mother should own one
- Every breast pump comes with a universal size 24mm flange. Most mothers' nipple size falls into the 15-18mm range, requiring a smaller pump flange
- Breastfeeding/pumping mothers should always wear a properly fitted bra
- Prioritizing breastfeeding, hand expression, or pumping within the first hour of delivery, makes a difference optimizing your milk supply
- If you are having trouble feeding your baby, make an appointment with a board certified lactation consultant (IBCLC). You and your baby are worth it
- Book a Back to Work lactation consult for strong re-entry and continued support. Pumping is challenging, even in the best of circumstances. You and your baby are worth it
- Bottle Refusal is a solvable problem. Seek an appointment with a qualified IBCLC trained in bottle refusal