



## What Does a Lactation Consultant Do?



### Overview

When you have a baby, you may find that breastfeeding comes with some challenges. To guide you through the process, you may want the help of a health professional called a "lactation consultant." Let's learn about who they are, and what they can do for you.

### Breastfeeding issues

Lactation consultants work with hospitals and birthing centers. Some work in their own practice, and with pediatricians. A board-certified lactation consultant has extensive training and testing in breastfeeding care. They can help you manage any problems you may face when breastfeeding. They can show you different breastfeeding positions. They can help you get your baby to latch. They teach you how to deal with things like sore nipples and issues with your milk supply. And they can help you learn to pump your breastmilk.

### Support and encouragement

Lactation consultants aren't just for first-time parents. They can help you even if you've breastfed other babies. You can see a consultant before you give birth. And they can give you support for several months after your baby is born, if you need it.

### Conclusion

A lactation consultant can help you and your baby have a better breastfeeding experience. For more info, talk to your doctor.