

Breastfeeding consultations are
100% covered by ACA
compliant insurance plans and are
available at All Better Pediatrics to
ALL mothers.

Our International Board Certified
Lactation Consultants help nursing
mothers who are experiencing
issues such as:

- Sore nipples
- Latch-on difficulties
- Low milk supply
- Yeast infections
- Medication use in mother
- Plugged milk ducts
- Mastitis
- Sleepy baby/fussy baby
- Slow weight gain
- Jaundice
- Breastfeeding twins or triplets
- Overactive letdown reflex/over abundant milk supply
- Engorgement
- Returning to Work
- Assistance with breastfeeding equipment

Other Breastfeeding Resources:

TN Breastfeeding Hotline: 1-855-423-6667

Shelby County Breastfeeding Coalition:
<http://shelbycountybreastfeeding.org/>

La Leche League: <http://www.llusa.org/>

Kelly Mom: <http://kellymom.com/>



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BREASTFEEDING YOUR BABY

with help from

International Board
Certified Lactation
Consultants





All Better Pediatrics Breastfeeding Program

Before birth: You can schedule a prenatal consult with one of our International Board Certified Lactation Consultants (IBCLC).

We also offer a monthly breastfeeding basics class taught by one of our IBCLCs.

Newborn followup: We encourage all breastfeeding moms to schedule a consult with one of our IBCLCs 2-3 days after hospital discharge to make sure breastfeeding gets started off well.

Consults: Any mom can schedule an appointment to meet with one of our IBCLCs.

The consult will include:

- History on mom and baby
- Assessment of baby
- Examination of baby's mouth and suck
- Examination of mother's breasts and nipples
- Observation of a breastfeeding session
- Demonstration of how to know baby is latched and feeding well
- Instructions to help you at home

*Consults will usually last an hour
and are best when baby is ready to feed.*

- Recent changes in healthcare require that non-grandfathered insurance plans pay for "comprehensive lactation support and counseling, by a trained provider, during pregnancy and/or in the postpartum period." Such "nonmedical" services must be paid, with no copay or deductible, by your insurance. At All Better Pediatrics you can rest assured that you will have access to professional breastfeeding services.
- Currently we do not accept TN Care patients. Shelby County WIC Breastfeeding Clinics are located throughout the area. For a list of WIC clinics, you can visit www.wicprograms.org/ci/tn-memphis
- Patients without insurance will be asked to pay for services at the time of the appointment.

Breastfeeding Guidelines from the AAP

The American Academy of Pediatrics recommends exclusive breastfeeding or breast milk for six months. They recommend continued breastfeeding as complementary foods are introduced for one year or longer, as mutually desired by mother and infant. Breast milk provides the perfect amount of vitamins, fats, proteins, carbohydrates and protective antibodies to help your baby grow healthy and strong. Breast milk is the best choice for you and your baby.

Schedule a lactation consult today.

Call (901) 761-1880 to
make an appointment.

