

Your Guide to Choosing Breastfeeding-Friendly Healthcare Providers

You are in charge when it comes to you and your baby. Be sure to find a healthcare provider who wants to give you the breastfeeding support and information needed to meet your infant feeding goals. This guide will give you tips on how to find breastfeeding-friendly healthcare providers and what to ask.

How to Find Breastfeeding-Friendly Healthcare Providers



Ask breastfeeding parents in your community



Ask breastfeeding support groups near you



Ask your local Baby-Friendly hospital



Check online reviews & ratings for healthcare providers

Questions to Ask the Providers and Office

About the Healthcare Providers

- How is breastfeeding viewed in your office by healthcare providers?
- How are breastfeeding parents supported in your office?
- When do you recommend parents seek help from a lactation consultant?
- How many of your patients are breastfeeding at 6 and 12 months of age?
- When are formula samples given to breastfeeding families?
- Do you have experience supporting families through breastfeeding challenges?

About the Office Policies

- Does the staff receive training and knowledge required to support breastfeeding parents?
- Can I get timely appointments for urgent concerns related to breastfeeding, such as sore nipples, engorgement, or milk supply concerns?
- Can I schedule a nurse visit for a weight check or do I need to see a healthcare provider in order for my baby to be weighed?
- Can I breastfeed my baby during painful procedures, such as vaccines?



Pro Tip!

Advocate for what you need!

Don't be afraid to ask questions, seek support, and stand up for your breastfeeding goals. Providing breast milk is a natural and healthy way to nourish your baby, and breastfeeding-friendly healthcare providers can be part of your support system in this journey

Nest IBCLCs are here to help!

Collaborative is in our name! Nest IBCLCs are happy to collaborate with your healthcare providers to ensure that you receive excellent care. Schedule your next appointment with a Nest Collaborative IBCLC by visiting our website www.nestcollaborative.com or by calling (888) 598-1554.