

# Breastfeeding Support with a Lactation Consultant

A Lactation Consultant can:

- Support, encourage & help with information in an accepting & supportive manner
- Assess the progress of breastfeeding
- Recommend methods of problem solving
- Latching issues
- Low, slow weight gain & low milk production
- Genetic disorders, clefts & Down syndrome
- Very fast flow of milk
- Re-lactation
- Returning to work issues

Please contact Melanie at the Health Centre for more information and support.  
705-657-2557 or [melaniek@curvelake.ca](mailto:melaniek@curvelake.ca)

*In partnership with Kawartha Birth and Lactation*