

What to expect from your visit

What should you expect during a breastfeeding home visit by an International Board Certified Lactation Consultant from Adelaide Lactation Consultants?

These days it is pretty rare for a health care professional to offer home visits, and you may be a little nervous at the idea of it – but I know that the majority of your hours spent breastfeeding your baby will be done at home. You will have your favourite place to feed at home with pillows, blankets and home comforts. Obviously it makes sense for Adelaide Lactation Consultants & Midwifery to visit you at home instead of packing everything up and coming to us! Here are some tips of what to do and what not to do during our appointment.

Before the visit

- Complete the Intake Questionnaire and Infant Structural Questionnaires prior to appointment. This saves time on the day of the appointment and gains valuable history information about you, your pregnancy, birth and your baby.
- Make a list of all your questions for us to answer on the day.
- Expect me to be with you in the room where you feed e.g. nursery, lounge room, bedroom etc.
- I have no problems with pets. However, if you have an overly friendly or very excitable with houseguests pet, I would appreciate the pet be placed in another room during our visit. Some pets can become 'territorial' over *their* baby.
- Older siblings are always welcome to be present during a consult. However, you may want to plan an activity or distraction for them during the consult so that we can chat openly and focus on the baby/feeding or if you prefer a person to sit with them.

Please do not

- Don't clean your house. I do not care. One of my tips will be to let go of household chores and spend time getting to know your baby.
- Don't make your baby wait until I arrive to feed. It is difficult to get a hungry, crying, distressed baby to attach to the breast. If you do need to feed baby, just give them a small feed (and no formula if you are using it to supplement baby).
- Don't kick everyone out of the house (unless you want to). If your partner, husband, mum or other support person wish to be present, let them! The greatest indicator of breastfeeding success is support. Your support people can learn how to support you when breastfeeding.
- Don't hesitate to ask me questions, or tell me that something doesn't feel right. Your comfort is important and I will repeatedly ask you how things feel.



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- Don't change what you are currently doing unless I have advised you to before the visit. I need to be able to see the whole picture so we can get an idea of what needs tweaking.

What happens during the visit?

- I will ask you to sign a consent form for my services.
- I will wash or sanitise my hands before I touch you or your baby.
- I will go through your intake questionnaire and discuss your concerns with you. After this I will observe your feeding technique/positioning.
- If baby is hungry when I arrive, then we will feed them first and then follow up with paperwork/history after.
- I try to be hands off as much as possible, although in some cases I need to gently guide you to feed your baby. I will always ask your permission before touching either you or your baby.
- With your consent, I will wash my hands and with a latex-free glove examine your baby's mouth. Sometimes there is an anatomical reason why feeding isn't going well.
- I will perform a newborn examination of your baby if necessary; again any abnormalities may cause difficulty with breastfeeding.
- I will examine your nipples before and after your baby feeds. This helps me assess how the nipple is placed in the baby's mouth while they are feeding.
- Once full payment is made, I will leave a receipt for you to take to Medicare/Health fund to claim for our services.

After the appointment

- Within 24 hours, I will provide you via email with a written care plan valid for the following 36 hours.
- At your request I can forward a written report to your GP, obstetrician or pediatrician.
- Referrals to dentists/oral surgeons (if required) will be forwarded directly to the surgery and are valid for one month only after our consultation.
- You can contact me for 3 days following the appointment or alternatively you may purchase further phone, email or text support as well as follow up consultations. These can all be booked and paid for via our website/booking system.
- Many mums seek help via Facebook. If you feel comfortable, please leave feedback on our Facebook page or written testimonial about our services.

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