



What Can I Expect from a Home Visit?

I looovvve home visits because we are on YOUR turf, in YOUR favorite chair, in YOUR most comfy clothes. No need to take baby out in bad weather. No need to pack a diaper bag. It's the ideal, deluxe situation (you just birthed a baby so you TOTALLY deserve this type of support, btw). Here are some of what you can expect of your time with me:

HOW LONG? Usually consults are about **1.5-2 hours**, but this can vary. I don't leave until all questions are addressed and you feel comfortable with a plan.

WHAT DO WE TALK ABOUT? Your pregnancy, birth and the first days and weeks (or months) of your breastfeeding experience. **I also want to know what your goals are** for this nursing relationship.

WHAT DOES THE LACTATION CONSULTANT DO? I **assess baby's body/mouth/tongue, and then observe a feeding**. I will offer suggestions to latch/positioning to maximize your comfort and baby's happiness. We usually weigh baby, latch baby, then weigh again to see how much milk they consumed (I bring a super-sensitive scale). We can also save time for **pumping questions and a breastshield fitting (to make sure your breastshield fits you well for pumping)**.

WHAT HAPPENS NEXT? After we work on getting things right for both of you, we go over questions and concerns and I leave you with a written Plan of Care (which I fax to your health care team along with my Breastfeeding Assessment). **We stay in touch** as much as needed via email/phone. You can also schedule a follow-up appointment for a discounted fee if we need to see each other again.

EXTRA THOUGHTS: I highly encourage **dad/support person** to be there as they will be your cheerleader after I leave; it's good for them to see the process and get their questions answered. Please **DO NOT CLEAN YOUR HOUSE** before I come. I fully expect the "lived in" look (and I prefer it). You're in survival mode with a new baby and have other things to do besides cleaning. **Have any supplies nearby** (nipple shields, bottles, pumping parts, pillows) so we can talk about and use them as needed.

HOW DO I PAY? I can take cash, check, or credit card (including HSA/FSA card) and will leave you with an insurance form with my information and the codes they will need to reimburse you directly. If you have your own out-of-network form from your insurance company's website printed off, I can help you fill that out before I leave (they will reimburse you directly if you have breastfeeding support coverage mandated with the Affordable Care Act—call your insurance company for details). I also recommend the [Better app](#) to file your own out-of-network claim online.



www.babybelovedinc.com 616.485.6757