

Common Sense Breastfeeding

We are three International Board Certified Lactation Consultants (IBCLCs) in practice together using our skills to help you meet your breastfeeding goals.

Our vision is to use our skills as IBCLCs to:

- ensure that your baby is adequately fed
- help you understand the normalcy and critical importance of breastfeeding
- help you feel proud of your breastfeeding and mothering experience



Mothering a breastfed baby is a learned art. It takes some time and practice. We're here to help you "shorten the learning curve" and enjoy breastfeeding your child, as so many mothers have before you.

Our services include:

- Full consultations—office or in your home
- Brief office visits for basic troubleshooting
- Telephone consultations
- Prenatal visits

Other sales/services include:

- Medela pump rentals (Lactina, Classic, and Symphony)
- Pump in Style and other Medela pumps
- Medela kits and products
- Baby slings (babies were meant to be worn!)
- Bravado bras

Did You Know...

Under New York State Law
(section 790e of the civil rights law)
a woman has a legal right to breastfeed,
anywhere she has a legal right to be, regardless
of whether her nipple is exposed in the process.

Clip this and carry it with you ☺

Finding the breastfeeding resource that is right for you

What do you need? A sounding board? A circle of breastfeeding friends? Help for a relative in Italy? Any of these resources can be your starting thread. Keep going until you've found a good match for your needs!

La Leche League

Monthly meetings and free phone and e-mail help—a good place to start!

Whitney 539-7895

Jeanette 330-2741

Sue (Trumansburg) 387-5494

www.llusa.org/web/ithacany.html

Websites

www.wiessinger.baka.com

www.kellymom.com

www.breastfeedingonline.com

www.drjacknewman.com

www.thebirthden.com

www.lalecheleague.org

www.breastfeedingcafe.com

Books

Breastfeeding Made Simple

Mohrbacher and Kendall-Tackett

The Ultimate Breastfeeding Book of Answers

Newman and Pitman

Bestfeeding - Renfrew, Fisher, and S. Arms

The Womanly Art of Breastfeeding

La Leche League International

The Breastfeeding Café - Behrmann

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Three International Board Certified Lactation Consultants (IBCLCs) working together to help you meet your breastfeeding goals



Shanna Jesch

A La Leche League Leader since 1999 and an IBCLC, Shanna strives to empower nursing mothers to feel confident about their decision to breastfeed. She has three breastfed children.
607-257-4073

Lisa Machlin

An RN in maternity services since '94 and an IBCLC since 2002, Lisa enjoys the extra time she can spend with clients that she sees in private practice. She is the mother of four breastfed children.
607-539-7178



Diane Wiessinger

A La Leche League Leader since 1985 and an IBCLC since 1990, Diane lectures at conferences in the US and abroad. She has two grown breastfed sons.



“What can she do for me?”

A lactation consultant, lactation counselor, lactation educator, lactation nurse or breastfeeding specialist probably has some breastfeeding education and experience. **But** the titles have no standardized meaning, and their education and experience may vary greatly.

A **La Leche League Leader** has nursed for at least a year. She is skilled at phone help, finding information, and offering the mother-to-mother support that lies behind almost all successful breastfeeding. She is part of an international organization. **But** she is not usually medically trained, and can't usually provide the intensive, highly skilled help that some situations require.

An **International Board Certified Lactation Consultant (IBCLC)** charges for her services. Her personal breastfeeding experience varies, and often she is not medically trained. **But** IBCLC is the only internationally standardized breastfeeding title. Every IBCLC must have several thousand hours of experience, pass an international board exam, and recertify every 5 years. **The IBCLC is the gold standard for help with major breastfeeding issues.**

Contact us at:

www.normalfed.com

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