



Information for breastfeeding families

When to Call a Lactation Consultant

Call a lactation consultant for additional instruction and support if your baby:

- Is jaundiced
- Refuses to latch
- Is not gaining weight quickly (3/4 – 1 oz per day)
- Is gaining weight too quickly (more than 1 ½ oz per day)
- Cries a lot and is fussy
- Feeds “all of the time”
- Is premature or a “late preterm” baby
- Spits up “a lot”

Call a lactation consultant for additional instruction and support if you:

- Have inverted nipples
- Have painful or cracked nipples
- Are engorged
- Are ill or need to have surgery
- Have a low milk supply
- Are returning to work
- Experience mastitis (breast infection)
- Wish to breastfeed an adopted baby
- Experience stress around feedings
- Need to take medications
- Need advice about selecting an appropriate breast pump
- Are receiving conflicting advice or discouragement to breastfeed

Or, anytime you are unsure if breastfeeding is going well.

The information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your healthcare provider for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information. Feel free to duplicate per creative commons license CC BY-ND. Lactation Education Resources 2022