



Get the support you need to transition and encourage your breastfed baby in child care.

## Breastfeeding Support and Resources for Families

As you transition back to work after the birth of your child, it can be an emotional time. If you are a breastfeeding mom, it presents yet another set of challenges. That's why it's so important to build a relationship with your baby's teachers and caregivers. A child care environment that nurtures breastfeeding can make a big difference in helping as you continue to breastfeed when you return to work. Being breastfeeding-friendly can increase the length of time babies are breastfed, helping moms reach their personal breastfeeding goals.

Our Certified Lactation Counselors, Lauren George, can help you in this transition by:

- Helping babies with taking a bottle
- Introducing paced bottle feeding
- Supporting moms with pumping
- Educating both families and child care professionals to better understand baby's behavior, feeding cues, and other needs

## What is a Certified Lactation Counselor?

The Certified Lactation Counselor® (CLC®) certification identifies a professional in lactation counseling who has demonstrated the necessary skills, knowledge, and attitudes to provide clinical breastfeeding counseling and management support to families who are thinking about breastfeeding or who have questions or problems during the course of breastfeeding/lactation. CLCs can also provide support as babies transition to a child care environment.

Get FREE support!



**Lauren George**  
Family Support Specialist  
LaurenG@childcareanswers.com

Scan the code at right or go to [childcareanswers.com/contact](https://www.childcareanswers.com/contact) to let us know your needs and get connected to Lauren, our resident Lactation Counselor.

