



**If you are an expecting or breastfeeding mom and have questions or would like to learn more about breastfeeding, an appointment with our lactation consultant can help both you and your baby.**

**Schedule your consultation today!**

### **Appointments**

Ask your OB/GYN or Pediatrician for a referral, or call us directly to schedule an appointment at 225-658-6612.

### **Insurance**

Lactation consultations are covered by most insurance plans and Medicaid. Our office will verify your insurance coverage and file insurance claims on your behalf.

### **Location**

Baby Lane, the Labor & Delivery Unit at Lane Regional Medical Center.

### **Hours**

By Appointment Only.



**Lane Regional Medical Center**

*Care You Can Count On*

6300 Main Street  
Zachary, LA 70791  
225-658-6612

**LaneRMC.org**



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Breast milk is the perfect food for your newborn, and breastfeeding provides many benefits to both mom and baby. However, breastfeeding isn't always as easy as women think and can take some work.

Breastfeeding support from a lactation consultant is a great option to help you and your baby get off to a healthy start.

### **Benefits of Breastfeeding**

Breast milk contains all the nutrition your baby needs for the first six months of life as it contains the best combination of ingredients for a strong immune system and overall growth and development.

By breastfeeding, you are passing antibodies to your baby needs to build their immune system and fight illnesses.

Mothers who breastfeed have lower rates of breast, cervical, ovarian and uterine cancers.

Breastfeeding also assists in losing weight gained during pregnancy and helps your uterus return to normal.

### **Lactation Consultant**

A lactation consultant is a health professional who specializes in breastfeeding. She helps mothers navigate the rewarding, but sometimes challenging, journey of breastfeeding including complicated breastfeeding issues.

Our lactation consultant can offer support and guidance for the following:

- Set a breastfeeding routine
- Find the best breastfeeding position for both you and your baby
- Assist with latching, milk supply, and other challenges
- Recognize breastfeeding conditions including mastitis and plugged ducts
- Weaning
- How to use your breast pump
- Troubleshooting breast pump issues

You can visit a lactation consultant while you're pregnant, right after you give birth, or several months into breastfeeding.



**Kiara Carnes, RN, IBCLC**  
Board Certified Lactation  
Consultant

