

Breastfeeding Basics Class

Knowing what to expect after birth includes both parents learning about breastfeeding.

This two-hour class will include discussions about the benefits of breastfeeding, how breast milk is produced, baby's feeding cues, proper positioning for breastfeeding, how to know if your baby is getting enough milk, and what to do if you are experiencing difficulties.

Dads/partners, grandparents, or friends and support persons are encouraged to attend, and are given special instructions on supporting the breastfeeding relationship.

Cost: \$45 per expecting mother (support persons attend free). Pre-registration required. This class can be offered in a group or private setting (additional fee).

Please call or visit <http://www.amber-hinds.com> for a schedule of upcoming classes.



"Breastfeeding is a mother's gift to herself, her baby, and the earth."

Pamela K. Wiggins
IBCLC, Author

"Milk is a side effect of love."

Christina M. Smilie, MD

For Lactation Support, Please Contact Me!

If your need is urgent, please don't hesitate to call at any time of day or night!

I offer free phone support for breastfeeding questions that don't require an in-person visit or are brief in nature. I welcome you to call me whenever a question or issue arises, no matter the time of day or night. I would hate for you to throw in the towel on nursing or not get an emergent issue addressed just because it's the middle of the night. Please call!

Contact me at
(214) 498-1815

or on the web at www.amber-hinds.com
email lactationservices@amber-hinds.com

Please also visit www.papoosenantucket.com to learn more about my vision to bring vital products and services to island families.



*Lactation Services
for
Nantucket Families*

Amber Hinds
Certified Lactation Counselor



Contact Amber >>>

Cell Phone: (214) 498-1815

Email: lactationservices@amber-hinds.com

Website: <http://www.amber-hinds.com>

Amber's Experience & Education

First and foremost, Amber is a nursing mother, who has personal experience breastfeeding an infant and into the toddler years. Prior to the birth of her daughter, Nora, in September 2009, Amber began learning about natural parenting techniques, including unmedicated childbirth, healthy eating, breastfeeding, baby-wearing and cloth diapering. In the first few months of her daughter's life, she realized the joys and ease of parenting naturally, and from that realization grew her desire to support other new and expectant parents through their parenting journeys. From the time Nora was 8 weeks old until she was 9 months old, Amber worked full-time, often more than 40 hours per week and traveling frequently. This experience gave her the unique perspective of a working and pumping mom; Amber is especially interested in helping women who are returning to work to continue breastfeeding.

Amber has a bachelor's degree in philosophy and a family studies concentration from Austin College in Sherman, TX. She is a Certified Lactation Counselor (CLC) through The Academy of Lactation Policy and Practice.

Why Breastfeed?

Getting ready for the birth of your baby is an exciting and busy time. One of the most important decisions you will make is how to feed your baby. Deciding to breastfeed can give your baby the best possible start in life. Breastfeeding benefits you and your baby in many ways. It also is a proud tradition of many cultures.

Breastfeeding is good for your baby because >>>

It's the biologically normal food for infants. It's easier for your baby to digest. It doesn't need to be prepared. It's free and always available. It has all the nutrients, calories, and fluids your baby needs to be healthy. It has growth factors that ensure the best development of your baby's organs. Research shows that breastfeeding protects against obesity, diabetes, sudden infant death syndrome (SIDS), and some cancers.

It has many substances that formulas don't have that protect your baby from many diseases and infections.

Formula Fed Babies Are More Likely To Experience >>>

- Ear infections
- Diarrhea
- Pneumonia, wheezing, and bronchiolitis
- Other bacterial and viral infections, such as meningitis
- Increased risk of SIDS

Breastfeeding is good for you because >>>

It releases hormones in your body that promote mothering behavior. It returns your uterus to the size it was before pregnancy more quickly. It helps you burn more calories, which may help you lose the weight you gained during pregnancy. It delays the return of your menstrual period to help keep iron in your body. It reduces the risk of ovarian and breast cancers.

It keeps your bones strong, which helps to protect against bone fractures in old age.

Breastfeeding provides warmth and closeness. The physical contact helps create a special bond between you and your baby.

It provides contraception, but only if these 3 conditions are met: (1) you are exclusively breastfeeding and not giving your baby any other supplements, (2) it is within the first 6 months after birth, (3) your period has not returned.



Equal Access >>>

I believe that all babies should have the opportunity to breastfeed and that all mothers should have access to breastfeeding information, regardless of income level or ability to pay. As such, I offer my services on a sliding scale. Please, please do not let the listed prices stop you from attending a breastfeeding class or scheduling a private appointment. I am happy to work with you on payment as needed.

Private Lactation Consultation >>>

In addition to the Breastfeeding Basics class, Amber is available for private lactation consultation. Whether you just want to make sure things get off to a good start or you're experiencing difficulties, Amber is happy to meet with you to answer questions and provide expert advice. Sometimes it's helpful to just get a different perspective!

Private consultation appointments are available out of Amber's home most days and times, including weekends and evenings. If it is more convenient (with a newborn it usually is!), Amber is also available to come to your home in the evening, on the weekend and on some weekdays.

Initial Postpartum Appointment (1.5 hours)

Amber's home: \$55

Your home: \$70

Follow-up Appointment (45 min.)

Amber's home: \$35

Your home: \$50