



WHY BREASTFEED?

- Breast milk is nutritionally superior to any other substitute
- Other milk substitutes increase the risk of baby developing allergies, ear infections, diabetes, obesity and other serious illnesses
- The American Academy of Pediatrics recommends exclusive breastfeeding for 6 months
- Breastfeeding promotes bonding between mother and baby
- Not breastfeeding increases mother's risk of developing breast cancer, ovarian cancer and endometrial cancer
- DHA present in breast milk is a vital nutrient for growth, development, and maintenance of brain tissue
- Breast milk is easy to digest and absorb resulting in less abdominal distress

CONTACT US TODAY



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Lactation Consultants of
Palm Beach County



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***Serving Palm Beach County
and
Martin County***



**LACTATION
CONSULTANTS OF
PALM BEACH COUNTY**

Partnering with you on your breastfeeding journey



WHAT WE DO

OUR MISSION

Lactation Consultants of Palm Beach County services assist and support women who desire to succeed in their breastfeeding experience. We provide personalized attention tailored to each specific need using evidence-based information and expert guidance.

WHAT IS AN IBCLC?

International Board Certified Lactation Consultants are also known as IBCLCs. The IBCLC is an allied health care professional, who meeting the eligibility requirements and passing an independent examination, possesses the necessary skills, knowledge and attitudes to provide quality breastfeeding assistance to mothers and babies.

IBCLCs use a problem-solving approach to provide appropriate information, recommendations, and referrals in a variety of settings, including hospital, clinic, and physician's office, as well as in private practice.



PRENATAL EDUCATION

Prepare for breastfeeding with private instruction at home. Our IBCLCs will help alleviate your concerns and give you the confidence and knowledge to enjoy breastfeeding your baby.

Information includes:

- How milk is made
- Breastfeeding technique
- Prevention of common breastfeeding problems
- Pumping, collecting and storing breast milk



POSTNATAL HOME VISITS

Our 90 minute new baby consultation offers encouragement and direction to overcome breastfeeding challenges and help you reach your personal goals in breastfeeding your baby.

Home consults include:

- Complete history on mother and baby
- Pre and post feeding infant weight
- Observation of an entire breastfeeding session
- Pumping instruction
- Breastmilk storage information
- A written care plan to address your situation
- An insurance reimbursement form

After the visit:

- Follow-up care by monitoring and assessing progress and revisiting the care plan
- Report sent to your Physician



OUR CONSULTANTS

Our consultants are members of the Florida Lactation Consultants Association and the Breastfeeding Coalition of Palm Beach County. We currently serve areas in Palm Beach and Martin County:

- Palm Beach
- Jupiter
- Tequesta
- Hobe Sound
- Stuart

Anne Mejeur, IBCLC, RLC, CE, LCCE, founder and owner, has been helping women breastfeed since 1975. She has been instructing women in childbirth for 20 years. She is a member of the United States Lactation Consultant Association (USLCA). She has six grown children who were exclusively breastfed and has 15 grandchildren who also benefited from breastfeeding.

