



Lori J Isenstadt IBCLC
Your Breastfeeding Expert

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- Professional Lactation Consultant
- 20 years assisting moms and babies
- Certified Childbirth Educator
- Certified Birth Ed. & PP Doula
- Gold Online Lactation Speaker

**Host of popular itunes podcast -
All About Breastfeeding**

Topics to Discuss

Preparing for Breastfeeding

Need to Know - Before and After Your Birth

- Preparing emotionally
- Preparing physically
- Preparing household
- Preparing w/classes
- Preparing siblings
- Preparing grandparents
- Preparing your partner
- Preparing to babymoon
- 10 tips to get off to a great start
- 10 most common questions & answers
- What to expect the first few weeks
- Common challenges moms have
- Building a good milk supply
- Signs that breastfeeding is going well
- Signs you need breastfeeding help
- Getting ready to return to work