

● Lactitude, Breastfeeding put into practice!

After publishing case studies we received numerous emails from professionals and mothers asking about Lactitude's activities with mothers.

Lactitude was created in 2002, and though its name was invented by a professional, the subtitle "Breastfeeding put into practice" was self-evident. We did not want to offer training sessions that were detached from reality where the instructor listed the catalogue of issues, where mastitis is completely separate from thrush. What will the student do when, in their own practice, they come across a mother who complains of pain in the breast and where the pain is different in each breast (it was in reality mastitis in one breast and thrush in the other?) It is important that the instructor be faced with "real" breastfeeding mothers and not just studies and theoretical texts, as necessary as they may be.

To accompany breastfeeding mothers was therefore a necessity for Lactitude one which was inseparable from the training sessions.

Charlotte Bodeven, lactation consultant IBCLC and Lactitude trainer, has been accompanying breastfeeding mothers for many years. She started in 1982 by meeting mothers in an informal manner, and then from 1986 as part of breastfeeding support associations. In 1992 she decided to become a professional and took the IBCLC Lactation Consultants exam. This exam is not valid for life! The consultant must re-pass the exam every 10 years and must recertify between the exams by attending conferences or professional training sessions.

The consultant intervenes in different ways. It can be by preparing breastfeeding before the baby arrives to avoid early breastfeeding problems. It can be a consultation for a breastfeeding problem (cracked nipples, insufficient weight gain for the baby, severe engorgement that could not be dealt with in hospital because of an early discharge, etc...). If the mother wishes to continue breastfeeding after returning to work, the consultant can help with the organization of pumping, transporting and storing expressed breast milk. She can also do documented research to answer parent's questions (the most recent was regarding prolactin levels when nursing a 19 month old child. It had been suggested to the mother that she wean so as to be able to fall pregnant again).

Consultations occur at:
2 rue Pierre-Ronsard
78180 Montigny le Bretonneux

Appointments can be made by calling 01 30 43 41 02

Consultations generally occur at the consultant's office. In certain cases, home visits can be made. Follow-up can be done by phone, but never the initial consultation.

The consultant can give suggestions and send documents via email, but consultations never occur by email.

Under the "resources" tab of the www.lactitude.com site there are numerous documents for mothers.

To find out more about what a lactation consultant does, here are 2 documents (adapted from ILCA's Inside Tracks)

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