

## INFO & CHECKLISTS for your first appointment

Our first appointments usually take **about 2 hours**, so we can:

1. Gather health information about both you and your baby
2. Gather information about your breastfeeding (and/or pumping) experience
3. Gather information about how your baby is feeding, sleeping, etc.
4. Examine your baby and your breasts
5. Observe a breastfeeding session, if needed
6. Discuss the issues and what to do about it

*If your insurance requires co-pays, you may most likely have two—one for you, and one for your baby.*

### **REFERRALS**

*If your insurance requires a referral to see a specialist, you will need TWO referrals to see us.*

- ✓ We need referrals *for both mother and baby* from *each* of your primary care doctors
- ✓ **Please call both offices to request these referrals**

- Your doctor \_\_\_\_\_
- Your baby's doctor \_\_\_\_\_

*Ask them to call us directly if they need more information.*

### ✓ **CHECKLIST**

***Please bring with you:***

- 1. Health and/or weight records** you may have on the baby.
- 2. List of all medications** you are on now, and/or were on during pregnancy
- 3. A snack for yourself.** We have water and tea here.
- 4. (A snack and books or toys if you are bringing a toddler or older sibling with you.)

***If your baby isn't nursing well yet, please also bring:***

- 1. Breastmilk or formula** for a feeding
- 2. (Your pump, but only if you already have one**
  - Otherwise, if you're not sure how to choose, wait. We can help.
  - *OK to leave your pump in the car—we'll go get it if needed.*)

***IT'S OK  
TO FEED THE BABY  
BEFORE YOU LEAVE!***

***Please don't hold the baby off  
to wait for a feed here.***

### **CAR SEATS**

If at all possible, ***please leave the car seat in the car!***

- Lugging the baby in the car seat can be **very hard on both your back and your arm.**
- It's usually **much easier** to carry *just your baby* in your arms (or snuggled in a sling or baby carrier) with your diaper bag over one shoulder.