



Roseville Pediatrics

Lactation Services

Lactation Consultants

Both of our onsite Lactation Consultants are IBCLC (International Board Certified Lactation Consultants)



Rhonda Urban,
RN, BSN, IBCLC



Tiffany Costlow,
RN, BSN, IBCLC



Roseville Pediatrics Lactation Team



Prepare for your journey

Services Offered During Appointment

- Helping babies latch
- Assist mother manage milk supply
- Evaluate quality of feeding at breast

*See other side for
more information.*

Benefits of breast milk for your baby:

- Provides antibodies to your baby – protection from bacteria and viruses
- Custom made for your baby
- Decreases risk for allergies and SIDS

Get breastfeeding off to a great start:

Hold your baby skin to skin as much as possible.

Offer your breasts to your baby on demand, whenever they show early hunger cues

- You may need to wake your baby in the first few days for feedings
- Work on latching baby wide and deep, past base of nipple
- Breastfeeding should not be painful!

Early Hunger cues:

- Licking
- Mouthing
- Rooting
- Trying to suck on hands

How do I know if my baby is getting enough breastmilk?

- Baby is satisfied after breastfeeding
- Baby is no longer showing hunger cues
- Baby is eating 8 or more times in 24 hours
- Baby is having wet and dirty diapers
- Feedings are active and comfortable
- Baby is gaining weight

Contact a Lactation Consultant (or ask your provider for a referral) if you have:

- Nipple/breast pain with breastfeeding
- Concerns about baby's latch
- Concerns about baby's weight gain
- Concerns about milk supply
- Questions regarding breastfeeding or pumping

Lactation Line at Roseville Pediatrics 717-735-1412

Roseville Pediatrics

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LancasterGeneralHealth.org