

Questions **Lactation** to ask your **Consultant**

Use these sample questions to start open communication and build your confidence when talking with your healthcare providers. Self-advocacy and trust are important tools in addressing systemic racism and implicit bias.

NOT ALL OF THESE QUESTIONS ARE REQUIRED NOR MEANT TO BE ASKED IN ORDER, BUT THEY ARE EXAMPLES OF SOME OF THE THINGS YOU CAN ASK

Experience and Approach

- What are your qualifications?
- How long have you been certified as an IBCLC?
- What should I expect during my appointment?
- Can my partner participate in our consultation?
- What is your availability like?
- Can you describe your approach to patient care and building relationships with patients?
- How do you stay current with medical advancements and best practices in lactation care?

Patient Care

- What measures do you take to protect patient privacy? (This is especially important for providers who post to social media.)
- Do you offer in-home visits? Do you offer virtual visits or follow up?
- Do they bring a sensitive scale to see how much milk my baby transfers?
- Do they specialize in my particular situation (whether that be twins or multiples, low milk supply, oversupply, premature babies, etc.)?
- What is your opinion of/experience with:
 - bottle feeding approaches that support breastfeeding?
 - tongue tie and lip tie?
 - body work / craniosacral therapy for newborns?
 - nipple pain in the early weeks – how do you assess for causes?
 - high-need babies?
 - low milk supply and/or slow weight gain?

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Patient Care (continued)

- How do you involve patients in decision-making regarding their healthcare?
- Do you have multilingual staff or interpreters available for patients who speak languages other than English?

Payment and Insurance

- What types of insurance do you accept?
- Do you offer sliding scale options or payment plans?
- Do you charge per visit or per hour?
- How many visits are included in a treatment plan?



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