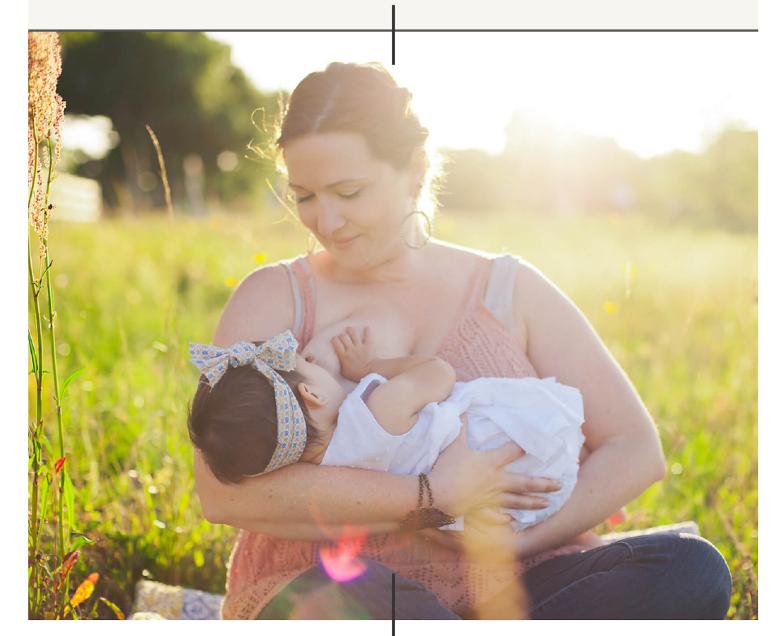
DON'T STRUGGLE ALONE:

WHEN TO FIND BREASTFEEDING SUPPORT & HELP (AND WHERE TO FIND IT)

TAMPA FLORIDA NEWBORN PHOTOGRAPHER

WWW.KRISTINEFREED.COM



WHEN TO SEEK BREASTFEEDING SUPPORT

WHERE TO FIND BREASTFEEDING SUPPORT

| HEALTHCARE PROVIDER |
|---|
| Pros: Covered by most insurance plans, convenient, reliable |
| Cons: Limited time during appointments, may not be specialized in lactation support |
| LACTATION CONSULTANTS OR BREASTFEEDING COUNSELOR |
| Pros: Highly specialized, personalized support, reliable |
| Cons: Can be costly, may not be covered by insurance |
| Jaime Kaley Perez with Thriving Joy Pediatrics |
| LA LECHE LEAGUE |
| Pros: Free or low-cost, supportive community, reliable info |
| Cons: May not be available in all areas, may not be as personalized as other optionsPasco, Tampa |
| ONLINE BREASTFEEDING COMMUNITIES AND FORUMS |
| Pros: Convenient, accessible 24/7, free |
| Cons: May not be reliable sources of information, may not be as personalized as other options |
| ☐ What to Expect, Milky Mamas, The Leaky Boob |
| |
| BREASTFEEDING SUPPORT GROUPS |
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