

# Simple answers to all your breastfeeding questions

**For parents**, breastfeeding can sometimes be a challenge. At the Lactation Clinic, we will help you get the information you need to relax and enjoy this beautiful experience with your baby. Our International Board Certified Lactation Consultant will introduce you to the principles of breastfeeding and give you the support you need in the medical center and when concerns arise after returning home. Our specialists address breastfeeding issues and essentials, including:

- Engorgement
- Inadequate milk production
- Latch difficulties
- Milk storage
- Plugged ducts
- Preventing mastitis
- Slow infant weight gain
- Sore nipples
- Specialized infant feeding plans
- Transitioning from bottle to breastfeeding

**Our International Board Certified Lactation Consultants provide services to give you peace of mind. Call for your appointment today!**

[SalinasValleyHealth.com](http://SalinasValleyHealth.com)

## Lactation Services at Salinas Valley Health

*Provided by a International Board Certified  
Lactation Consultant (IBCLC)*

### Office hours

Monday - Friday, by appointment

### Location

450 East Romie Lane, Salinas

### Call for an appointment

831-759-3060

