



Thank you for booking an appointment with Katherine from the Canberra Lactation Centre. This information sheet covers everything that you and your family need to know about my visit.

If you have booked a breastfeeding assessment then it will be up to 2 hours in duration and a prenatal assessment will be about 1 hour.

Please note I am well aware that plans change quickly with a new baby; if you need to change the appointment time then please text me on 0487735083 to change the time.

Before the appointment:

- Please email me to canberralc@gmail.com a brief overview of your situation; your address, your mobile number, your partners name, your baby's name and age.
- Keep all wet and poeey nappies for 24 hours prior to the appointment. This is to check for output; they can all been put in a bag at once.
- Please have your baby's blue book ready for review.
- If your baby is keen for a feed 30 minutes prior to the appointment then please feed, don't try and push a feed till I get there; between the three of us we can make it work.
- I have found that it is easier to keep the people who are present for the appointment to a minimum. My preference is for the immediate family such as parent/s only however I totally understand if you need extra people present. I will assume that whoever you have at the meeting is okay to hear the assessment and the conversation.
- If you can please keep your dogs, cats and various animals outside or behind a gate.
- You are welcome to pay via credit card, cash or invoice.

After our session I will send you a detailed plan with links and information related to the plan usually within 24-36 hours of the visit. This will be sent to you via email in the form of a pdf; please have a read of the document and ask all and any question you may have.

Following the plan being sent; you have access to me for 2 weeks via text, phone and/or a short visit.

Many thanks for inviting me into your home during a time of upheaval, I look forward to working with you and your family to create the feeding experience that works for you all.