



**150 LOWER WESTFIELD ROAD • HOLYOKE, MASSACHUSETTS 01040 • TELEPHONE (413) 536-2393  
84 WILLIMANSETT STREET • SOUTH HADLEY, MASSACHUSETTS 01075 • TELEPHONE (413) 532-0300**

## Lactation Services

The lactation specialists at Holyoke Pediatric Associates understand how important it is to take care of both the newborn infant and the mother following birth. For the majority of mothers breastfeeding can be easy and happens with minimal difficulty. Some moms find breastfeeding more challenging, particularly during the first two weeks. Our lactation specialists can make a world of difference during this important period.

The American Academy of Pediatrics promotes breastfeeding and human milk as the normal standard for infant feeding and nutrition. Our pediatricians and nurse practitioners at Holyoke Pediatric Associates want to support all new families to establish a successful breastfeeding relationship from the very beginning. We all want to help families get breastfeeding and breastmilk production off to a good start, both in the hospital and immediately postpartum with in-office follow up available and encouraged.

Two of our nurse practitioners are certified lactation counselors, specialists trained in breastfeeding support, who offer breastfeeding assistance in the office and are here to address your breastfeeding questions. Bev Larkin and Jennifer Trowbridge both work with new moms to help with positioning, latch, milk supply and common breastfeeding concerns. We are experienced and we are here to help you from the prenatal period to weaning your infant or toddler.

We know that difficulties can arise at any point during the breastfeeding process and our skills in assessing moms, their babies and their individual circumstances have benefited many families over the years. We want to help mothers—both first-time and experienced—become more successful and confident with breastfeeding.

Please contact our office with your breastfeeding questions and to schedule an appointment.