Questions
to ask your
Lactation
Consultant

Use these 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.

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?

(continued ->)

everybabyguilford.org

every baby guilford

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?
- *Can you provide transparency regarding billing practices and potential out-of-pocket costs for patients?
- *How do you support patients in navigating insurance coverage and understanding their healthcare costs?

Was this helpful?

Scan the code to share your thoughts or go to **bit.ly/QsforPs**

everybabyguilford.org

every baby
guilford