

# Breastfeeding support

**Are you currently breastfeeding or are you planning to do so? We offer guidance from a breastfeeding coach. She can help you with:**

- Preparing for the breastfeeding period
- Pain complaints surrounding breastfeeding
- Too much or too little milk production
- Problems with application / breastfeeding posture
- The first signs of breast inflammation <unk>
- Working while breastfeeding

The breastfeeding coach can either come to your house or you can call her. In certain situations, the help of a lactation expert is needed, in which case the breastfeeding coach will refer you to a lactation expert in the area.



## Contact details

**Laura de Haas**

Breastfeeding coach &  
Youth nurse

**+31 6 43 26 50 63**

Available on:  
Monday & Thursday

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