

## Thinking About Breastfeeding Help?

*Breastfeeding is completely natural  
but it's not always instinctual and easy.*

- You have a baby who is fewer than 5 days old and you have questions.
- You are pregnant with your first baby or were unsuccessful breastfeeding your other children.
- You think, or have been told, that you are not making enough milk and must supplement.
- Your nipples are raw, cracked, bleeding, or hurting.
- Your baby is 5 days old and your milk has not come in, or your baby is 14 days old and is not back up to birth weight.
- You think your baby hates you and/or breastfeeding.
- You think about quitting because you can't seem to get into a breastfeeding groove.
- You can't find someone who "gets" what you are going through. You are feeling anxious, exhausted, angry, hopeless, ashamed, sad, regretful or defensive.

Because babies are born every day, I offer affordable, targeted coaching sessions seven days a week in your home, my office, by phone, or by video chat.

Your consultation can be 15 minutes, to answer a few questions, or up to 90 minutes which includes a health history and coaching. Your concerns may be about positioning and latch, medication, going back to work, pumping, weaning, mastitis, toddler issues, biting, tongue tie or any aspect of breastfeeding.

No matter the length of the appointment, the session focuses on **your** goals. We spend time observing you and your baby breastfeeding to understand what is happening. We work together so breastfeeding is comfortable for you and your baby.

By the end of the visit, your questions will be answered and you will have a step-by-step written care plan. You will feel relieved and more confident about your situation.

**"Donna is kind, caring & gentle. More importantly, she knows moms, babies & breastfeeding inside & out. Donna saved me, my nipples, and my sons' & my sanity. Working with her is life changing!" -- Rachel Fischetti**



**Expect to be treated with kindness and understanding by someone who has the knowledge, time and patience to understand what you and your baby need. I probably work in a different way than you've experienced with other lactation consultants--softer, gentler, calmer.**

**I listen carefully, answer all your questions and give you a step-by-step written plan. We follow up every day by phone or text. When needed, I refer you to a network of trusted medical, therapeutic and social resources for you and your baby.**

**I breastfed my three kids, including twins. I have been helping mothers and babies get breastfeeding right for them as a La Leche League Leader since 1998. I started my private practice as an International Board Certified Lactation Consultant in 2010.**

**Donna Bruschi, IBCLC**

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*"I help Mothers & Babies get Breastfeeding right for them."*

**Donna Bruschi, IBCLC**  
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**Here are some common scenarios.  
See if any of these resonate with you:**

You feel anxious about how your baby relies on you for all their sustenance. You are overwhelmed when you think of all the bad things that might happen and can't imagine how you might even go about overcoming them! You are ready to give up without even trying.

You get a good start breastfeeding but are blindsided by an easy-to-fix problem. Your doctor, friends and family discourage you from seeking out a breastfeeding-friendly solution because they don't understand how breastfeeding works and because they don't want to see you in distress.

You start breastfeeding because you know it's the best for your baby. You encounter challenges. You research endlessly. Your strategy is to push through your pain and power through your problems. But you find you can't do that any more.

Breastfeeding your baby is challenging from the beginning. It's not easy and may not ever be effortless. Still you are willing to continue because something in you knows that breastfeeding is vital to you and your baby's health and well-being.

**Breastfeeding is challenging. It can become easier and you will have a better outcome with the right kind of help.**



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