



MMH

McCurtain Memorial Hospital

breastfeeding
support

SERVICES AND
INFORMATION

McCurtain Memorial Hospital

Lactation Services

Helping Mom's and Baby's Grow

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Thanks for reaching out!

Thanks so much for getting in touch with me! I'm so excited to meet you and to get you to know you and your family. My name is Kayla Manginell, and I'm a Registered Nurse and Certified Lactation Consultant. I've been helping new parents feed their babies for 5 years and I'm dedicated to helping you feel confident, empowered, and capable to feed your baby, your way.

I'm passionate about providing unbiased, evidence-based, and judgement-free support to my clients. I know that breastfeeding and infant feeding decisions can be difficult, emotional, and may be met with judgement from your friends, family, or peers. I promise to make you feel supported, understood, and heard. I believe that the best infant feeding plans make sure that *everyone's* needs are met- not just the baby's. If your feeding plan involves pumping, bottles, or formula, I am here to provide the same unparalleled support and guidance. You're the expert in your baby- and I trust you.

Kayla Manginell, RN-CLC



SUPPORT INCLUDES...



Prenatal education

One of the most important factors in breastfeeding success is prenatal education! We can spend time during your pregnancy learning about breastfeeding, milk production, the early days, and what you and your partner can expect from breastfeeding.



Emotional support

Breastfeeding can come with challenges that often include emotional hurdles and feelings of anxiety and overwhelm. With me on your team, you'll know that I'm just a phone call away when things are feeling hard. I'm here for you!



Personalized solutions for problems and roadblocks

Google is great, but when you're struggling, you need personalized guidance. A lactation consultant can help with latch issues, positioning, pain, and any other physical challenges to help you find a breastfeeding rhythm that works for *everyone*.



Ensure your baby is feeding effectively and gaining weight

Many new parents wonder if their baby is feeding properly and may worry about their weight gain. I'll be here to give you tips, teach you how to look for signs of success, and help you troubleshoot problems like low weight gain or supply issues.



Up-to-date, evidence-based information and guidance

Questions about what's safe during breastfeeding? Wondering about your milk supply? Lactation consultants stay constantly up-to-date with the latest evidence-based breastfeeding information, so you can make an informed decision about what's best for your baby and your family.



Guidance for pumping, milk storage, and bottle feeding

Heading back to work, or ready for baby to start bottles? We'll work to create a customized plan for your unique situation, and I'll help you introduce pumping, bottles, or formula with the latest recommendations for best practices and milk handling.



"BREASTFEEDING
IS NOT ALWAYS
EASY, BUT IT IS
ALWAYS WORTH IT."

-unknown

FREQUENTLY ASKED *questions*

Is breastfeeding supposed to hurt?

The short answer? No! Breastfeeding should never be painful. While there may be some discomfort in the early days and weeks of breastfeeding, it should not be a painful experience. If you are experiencing pain, it is important to evaluate the position of the baby and the latch. Sometimes, it's difficult to tell what needs to be changed. If you're experiencing pain, it's time to see your lactation consultant!

Why does my newborn want to eat so often?

You've probably heard that newborns "should" eat 8-10 times per 24 hours. So why does it seem like your baby is nursing twice as often?

Not only do babies have *extremely* small tummies that empty *very* quickly, but they also know that breastfeeding is a magic cure to whatever ails them. The world can be a scary place for a newborn, and they know that breastfeeding is their "safe place". It's important to remember that your baby doesn't breastfeed simply for nutrition. Breastfeeding also provides babies with safety, security, comfort, connection, and bonding with their parent. It's okay to let your baby nurse as often as they want to!

How can I tell that my baby is getting enough milk?

During our visits together, I'll help you learn to recognize the signs of a successful feed and how to tell that your baby is getting enough milk to drink. These signs may include things like:

- Audible sucks and swallows during a feeding session
- Enough wet and dirty diapers (10-12 per day in the early weeks)
- Baby is sleeping for at least one "long stretch" per 24 hours
- Baby wakes themselves for feeds and is content after feeds
- Baby is growing, gaining weight, and meeting milestones

Most breastfeeding issues can be solved more easily if they are addressed sooner rather than later. Even if you are unsure whether or not there is a problem, talking to a lactation consultant is always helpful. You can achieve great peace of mind knowing that things are indeed going well, or, if they are not, you can get help to improve breastfeeding for you and your baby.


How can I increase my milk supply?

First, let's talk about how milk production works and what a "good" supply actually looks like! Many parents are surprised to learn that their milk supply is more than sufficient- especially if they're struggling with painful breastfeeding, frequent feeds, or a fussy baby. It's more common to have an *oversupply* of milk than it is to have an *undersupply*! During our visit, we'll discuss your milk supply and any concerns that you have. Together, we'll make an accurate assessment and, if necessary, create a plan to increase your milk supply with safe and effective methods that can help you and your baby succeed.

How do I get started with pumping or bottle feeding?

Many parents choose to include pumping and bottle feeding into their feeding routine. Whether you're going back to work, your partner wants to try feeding, or you prefer to bottle feed, I can help you create a pumping and bottle feeding plan that takes the confusion and uncertainty out of the process. I'm up to date with the latest research on effective pumping techniques and safe milk storage, and I can answer all your questions about how to get started!





"BREASTFEEDING ISN'T ALWAYS
NATURAL LIKE BREATHING
(WHICH IS AUTOMATIC), BUT
RATHER LIKE WALKING
(WHICH NEEDS TO BE
LEARNED).

-la leche league