Main topics that CLECs can cover include:
1. Risks of not Breastfeeding
2. Anatomy & Physiology of Breastfeeding
3. Positioning & Latch
4. How to Tell if Baby is Getting Enough Milk
5. Breastfeeding Plan - What to do Starting from the Delivery Room and Beyond
6. Common Concerns
7. Pumps and Equipment
8. Breastfeeding at School and/or Work
9. Maternal Nutrition/Medication/Birth Control
10. Misc: Support System/Myths/Resources

Any care requiring medical intervention such as nipple infection, abscess of breast, mastitis and any lactation disorders or other complicated cases would require higher level care. Not sure if our CLECs can help you... ask us! We can point you in the right direction.

Who Can Help?

Carol Chen, MS, RD, CLEC
To schedule an appointment please call 310-825-4073 or visit the scheduling desk located on the first floor at Ashe.

Kaitlin Reid, MPH, RDN, CLEC
8:10am Wed, June 7th
Ashe Large Conference Room – 4th Floor
In Summer by appointment only
Phone: 310-206-2273

Jean Libby, M.Ed., CLEC
Bruin Resource Center
Mondays 10:30am-12:30pm
Tuesdays and Thursdays 1-3pm
In Summer, by appointment only
Phone: 310-794-1823

To connect to a Lactation Counselor, contact the Students with Dependents Program at 310-794-1823 OR contact the WIC helpline 1-888-278-6455

What do all the letters mean?
CLEC- Certified Lactation Education Counselor
IBCLC- International Board Certified Lactation Consultant

For more information visit:
http://www.swd.ucla.edu