

stop googling your way through milk supply.



BECAUSE BREASTFEEDING SHOULDN'T FEEL LIKE GUESSWORK

Feeding your baby shouldn't be a battle or a mystery. If you're dealing with pain, low supply, pumping stress, or a latch that just isn't working, you deserve help from someone who actually listens.

As a lactation consultant, I offer grounded, practical support that meets you where you are. No pressure to feed a certain way. No guilt. Just evidence-based guidance, compassionate troubleshooting, and strategies that fit your real life.

Feeding is personal. Your care should be too.

Town/City, Province/State



REAL SUPPORT. REAL SOLUTIONS. NO JUDGMENT.

- Help with latch, positioning, nipple pain, and feeding challenges
- Pumping plans, flange sizing, and return-to-work support
- Bottle-feeding and combo-feeding guidance
- Milk supply troubleshooting
- In-home and virtual sessions available