

Jean Kouba R.N. IBCLC is a registered nurse and an International Board Certified Lactation Consultant. She is the clinic manager at Dr. Jack Newman's Breastfeeding Clinic & Institute and, as a member of the Institute faculty, she teaches medical students, midwives, nurses and other allied healthcare professionals regarding the art of breastfeeding and the management of breastfeeding challenges.

Jean is the President of the Canadian Lactation Consultant Association (CLCA) and serves on the committee of the Halton Baby Friendly Initiative. She is the co-author of L-EAT, a teaching tool for health professionals and writes articles related to breastfeeding for City Parent Magazine.

Jean provides pre and post natal home visits to breastfeeding mothers and babies in Oakville and the Halton Region. She has her own website; www.haltonbreastfeeding.com which offers advice, short educational videos and current breastfeeding articles.

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Halton Breastfeeding



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Empowering mothers to achieve their own
breastfeeding goals



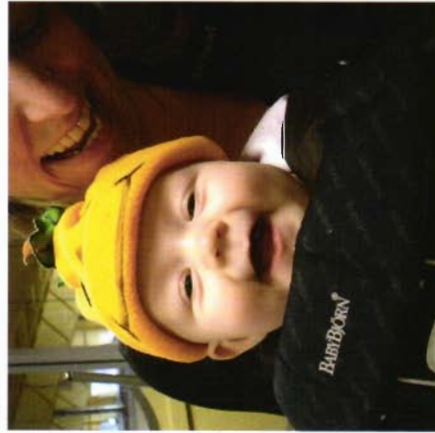
There's more to
breastfeeding than
breastmilk alone.....

MISSION STATEMENT

To encourage and empower mothers to achieve their own breastfeeding goals by providing current advice, education and supportive counselling.

It is every mother's right to enjoy the special bond of breastfeeding; it is a unique gift you can give to yourself and your baby.

Breastfeeding is the natural way to feed a baby but sometimes it doesn't come naturally; both mom and baby have to learn. By knowing how to get off to a good start or by receiving help should problems arise, you and your baby can experience your own breastfeeding success.



SERVICES

PRENATAL BREASTFEEDING CONSULTATION/CLASS

Offered in your own home, one-to-one or in a group setting. This consult will help you to achieve your own breastfeeding goals by providing you with preparatory guidelines before the birth of your baby. This includes: achieving the best latch, the importance of skin-to-skin contact, recognizing your baby's cues and the prevention of breastfeeding challenges. Based on Dr. Jack Newman's breastfeeding techniques.

Also offered to allied health professionals as a breastfeeding educational programme.

PRE/POST PARTUM BREASTFEEDING SERIES

This package is offered to mothers who would like breastfeeding education and support before the birth of the baby and immediately following delivery. The initial prenatal consult provides you with the knowledge required to get breastfeeding off to a good start and the follow up post-partum visits on Day 1, Day 3 and Day 7 will ensure your breastfeeding success.

To book your appointment or for more information, please email:
jean@haltonbreastfeeding.com



POST PARTUM CONSULTATION

Support and counselling in the hospital or at home following delivery (Day 1) with follow up visits on Day 3 and day 7. Receiving help within the first few days of your baby's birth will provide you and your family with a positive breastfeeding experience and the skills to avoid any breastfeeding challenges

LACTATION COUNSELLING AND SUPPORT

This service is provided for mothers experiencing breastfeeding challenges. Individual visits offered as needed, sensitive to the needs and goals of the family.

All consultations include phone and email support.