

RETHINKING FLANGE FITTING

Jeanette Mesite Frem, MHS, IBCLC, RLC, CCE

Tuesday, June 13th

11:00am - 1:00pm PST

Via ZOOM

AS LACTATION PROFESSIONALS, OUR OVERALL GOAL IS TO HELP MORE BABIES GET MORE HUMAN MILK.

OUR WORK OFTEN INCLUDES SUPPORTING FAMILIES WITH PUMPING.

THIS SESSION WILL HIGHLIGHT SEVERAL ASPECTS OF PERFORMING A FLANGE FITTING AS A LACTATION PROFESSIONAL.

Register Now!



<https://bit.ly/flangefitting>



 **BreastfeedLA**
<https://www.breastfeedla.org>

DESCRIPTION

This session will show participants many different flanges sizes, several different types of flanges and video snippets of real parents pumping with some of them. The session will highlight several aspects of doing a flange fitting as a lactation professional. Providing effective flange fitting services as a lactation professional can increase pumping comfort and significantly increase milk yield and extend the duration of lactation for many families.

OBJECTIVES

- Participants will be able to list 10 smaller flange sizes and 6 types of silicone flanges they could try/suggest for their clients.
- Participants will be able to state the three main factors (FIT: feel, intensity and tempo) and multiple sub-factors that go into an effective pumping session.
- Participants will feel more confident to perform a flange fitting with a pumping client, using multiple flanges and inserts and assess which are the most appropriate for their client

SPEAKER

Jeanette Mesite Frem, MHS, IBCLC, RLC, CCE is an experienced childbirth educator, IBCLC-lactation consultant and retired birth doula. She started her career working with families while serving as a Peace Corps Volunteer in Côte d'Ivoire, West Africa in the early 90s. She loved that work so much she went on to receive a public health masters degree from Johns Hopkins School of Public Health, focusing her studies on nutrition for maternal and child health.

Her two children were breastfed for more than 2 years each and Jeanette has experience pumping at work for both children and has supported more than a thousand families with feeding and pumping over the last 20 years.

Jeanette provides prenatal childbirth and breastfeeding classes at her office in Northborough, Massachusetts, as well as providing virtual and office feeding consultations. She also enjoys leading workshops for perinatal health professionals and mentoring those who work with families.

CONTINUING EDUCATION

RN: BreastfeedLA is an approved provider by the California Board of Registered Nursing. **This course offers 2.0 contact hours of continuing education.**

BreastfeedLA's provider number is CEP 16435. Licensee must maintain certificate for a period of four years.

IBCLC: BreastfeedLA is an approved Long-Term Provider by the International Board of Lactation Consultant Examiners #CLT113-36.

1.75 L- CERPs will be awarded.

RDs & OTs: Maintain a copy of the agenda and certificate for CPEs for Professional Development Portfolio

AGENDA

11:00am-12:45pm Presentation

12:45pm-1:00pm Q&A



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