

Recent Feedback



Lactation Consultants
South UK



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“I am glad I came, I found it so useful”

“Excellent day, thank you”

“I now feel more confident”

“Very interesting and informative”

“Initially I was expecting a teaching session,
but this was so much more useful”

“Stimulating from others in the group
as well as the presenters”

“Good range of topics”

“Very interactive, lots of information,
fast moving”

“I learnt an awful lot and it has kept
my enthusiasm going”

“Made me broader in my practice”

For Further Information and Details of
Current Courses / Workshops Contact:

sarah@lcsouthuk.biz

or

**LC South UK,
12 Ash Close,
Cowplain,
Portsmouth.
PO8 8TU**

or

02392 782481 (evenings)



**ARE YOU
SUPPORTING
BREASTFEEDING
WOMEN**

- Enhance your Practice
- Update your Breastfeeding Knowledge
- Improve your Supporting Skills
- Provide the Best Quality Care for Breastfeeding Mothers and Babies



Lactation Consultants
South UK

Recent Courses / Workshops

Lactation Consultants South UK is run by two International Board Certified Lactation Consultants who work in clinical practice and in education.

Sarah Brown and Carolyn Westcott were among the first Lactation Consultants in the United Kingdom. Both work as Infant Feeding Specialists.

Carolyn works with ill and premature babies alongside managing a breastmilk bank and Sarah also works as a lecturer practitioner in midwifery.

Both have many years of experience in teaching in the field of breastfeeding and human lactation.

- **Supporting optimum breastfeeding practices**
- **Anatomy of suckling, observations of a breast**
- **Medications and breastfeeding**
- **Breastmilk expression and storage**
- **Addressing some issues around slow weight gain in the breastfeeding infant**
- **Feeding the premature baby**
- **Breastfeeding the ill / compromised infant**
- **Breastmilk banking**
- **Breastfeeding the older child**
- **Weaning the breastfeeding infant**
- **Cultural issues and breastfeeding**
- **Developing peer support programmes for breastfeeding**

We specialise in interactive workshops based on developing clinical infant feeding practice, thereby reducing the gap between practice and theory

We can tailor our courses to meet your needs in developing a quality service in infant feeding

These educational opportunities are provided through courses, workshops or study days

Whether you are a health professional or a lay breastfeeding supporter we have a workshop to suit you

These courses can be provided anywhere in the UK