



WELCOME PACKET · FOR YOUR FIRST VISIT

Welcome. We're so glad you're here.

A calm starting point for your feeding journey.



Hi, I'm **Liz**. I'm a registered nurse and an International Board Certified Lactation Consultant, and I help families in Central Florida feed their babies with confidence and calm. This packet is yours to keep. It walks you through what happens at our first visit, the online tools we'll use together, and two simple logs you can fill in by hand at home.

WHAT'S INSIDE

- 1 What to expect at your first visit**
Prep checklist + visit timeline.

- 2 Useful links & online resources**
Calculators, blog, classes, booking.

- 3 Daily feeding log**
Print-and-fill grid for feeds & diapers.

- 4 Weighted feed tracker**
Pairs with the weighted feed calculator.

- 5 What's normal: quick reference**
Diapers, feeds, when to reach out.

YOU ARE NOT ALONE
Call or text (407) 279-1906 anytime between visits.

Yours, Liz

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THEBREASTFEEDINGCAFE.COM

📞 (407) 279-1906

thebreastfeedingcafe.com

Orlando & Central Florida

What to expect.

A NOTE BEFORE WE MEET

You don't have to have anything figured out before our visit. There's no "right" answer for what to bring or how baby should feed. Come as you are: tired, unsure, hopeful, or all three. We'll take it one step at a time.

HOW TO PREPARE

Before we meet

None of this is required. If even one is in place, that's enough.

- ☐ **A quiet, well-lit space**
A couch, bed, or chair where you usually feed. Natural light helps me see latch and positioning clearly.
- ☐ **Baby fed about 90 min ago**
If possible, so they're ready to feed during the visit. If timing doesn't work out, that's okay; we'll adjust.
- ☐ **Anything you usually use**
Pillows, your pump and parts, bottles, nipple shields, supplements. Bring what you reach for at home.
- ☐ **A support person if you'd like**
Partner, parent, or friend. An extra set of hands and ears is welcome, never required.
- ☐ **Your questions written down**
Tired-postpartum brain forgets things. Jot down anything you've been wondering about. No question is too small.

DURING THE VISIT

How our time together flows

Loose timing. We go at your baby's pace, not the clock's.

- 1**
0-15 MIN
We talk
Your story so far: pregnancy, birth, feedings, any concerns. I'll ask about baby's weight, diapers, and your goals.
- 2**
15-60 MIN
We watch a feed
I observe latch, positioning, comfort, and milk transfer. We may try small adjustments together.
- 3**
60-80 MIN
We make a plan
A simple written plan you can take with you, in plain language, no jargon, no overwhelm.
- 4**
80-90 MIN
Questions & next steps
Time for everything you didn't get to ask yet. We schedule any follow-up if it's useful.

INCLUDED WITH EVERY VISIT

Two weeks of follow-up

For two weeks after our visit, you can message me anytime with questions: a tricky latch, a pump setting, a 3 a.m. moment of doubt. Quick answers, no extra charge, no awkwardness. Plan revisions as baby changes, and visit summaries shared with your pediatric team on request.

INSURANCE

Many visits covered through **The Lactation Network** or **Wildflower Health**. Superbills available on request.

LANGUAGES

English, Spanish, Portuguese (BR). Just let me know which feels easiest.

Everything in this packet
lives online too. Scan or type
the URL.

Useful links & tools.

CALCULATORS THAT PAIR WITH THIS PACKET

Two tools for the logs ahead



Infant milk intake calculator

Estimate how much milk your baby needs across a day based on weight and age. Use this alongside the daily feeding log on the next page.

SCAN OR TYPE

thebreastfeedingcafe.com/tools/infant-milk-calculator



OPEN CALCULATOR



Weighted feed calculator

Convert a pre- and post-feed weight (in grams) into the milliliters of milk transferred. Pairs with the weighted feed tracker in this packet.

SCAN OR TYPE

thebreastfeedingcafe.com/tools/weighted-feed-calculator



OPEN CALCULATOR

MORE FROM THE WEBSITE

Around thebreastfeedingcafe.com



Book a visit

In-home or telehealth, by appointment.
thebreastfeedingcafe.com/book



Check insurance coverage

Many plans qualify through TLN or Wildflower.
thebreastfeedingcafe.com/insurance



Prenatal breastfeeding class

A two-hour class to feel ready before baby.
thebreastfeedingcafe.com/prenatal



Newborn & baby care class

First weeks at home: feeds, sleep, soothing.
thebreastfeedingcafe.com/baby-care



Articles & resources

Plain-language guides on common questions.
thebreastfeedingcafe.com/blog



Favorite brands & essentials

What I actually recommend to families.
thebreastfeedingcafe.com/favorites

BETWEEN VISITS

The fastest ways to reach me

Call or text (407) 279-1906

Text is best for quick questions. I reply M-F, often the same day.

consults@thebreastfeedingcafe.com

For longer questions or attachments.

thebreastfeedingcafe.com

Booking, articles, tools, and class signup.

IF SOMETHING FEELS URGENT

For medical concerns (fever, dehydration, a baby who is hard to rouse, or any worry that can't wait), please contact your pediatrician or seek urgent medical care. We are here for feeding support and we work alongside your medical team, not in place of them.

_____ **oz /** (from the online
day calculator)

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[illegible]

Numbers are a tool, not a verdict. If a day looks "off," bring this log to our next visit, and we'll read it together.

OPEN CALCULATOR

Weighted feed tracker.

Pairs with the **Weighted Feed Calculator** at
thebreastfeedingcafe.com/tools

1 Zero the scale

Use a baby scale that reads in grams (g).

2 Weigh before

Same clothes, same diaper, dry baby.

3 Feed normally

Don't change clothes or diaper between weights.

4 Weigh after

Difference in grams $\approx$ milliliters of milk.

BABY _____ DATE _____ AGE _____ wks SCALE USED _____

TIME	PRE-FEED weight · g	POST-FEED weight · g	TRANSFER mL ($\approx$ g)	SIDE L · R · both	DURATION minutes	NOTES & HOW BABY SEEMED AFTER

WHEN WEIGHTED FEEDS ARE USEFUL

- ☐ Slow weight gain or recent weight loss
- ☐ Sleepy baby who is hard to keep at the breast
- ☐ Returning to direct feeding after exclusive bottles
- ☐ When you're not sure if baby is getting enough

READING THE NUMBERS

One feed is a snapshot, not a trend. Babies vary feed-to-feed. We look at **the pattern across a day**, and compare it to the goal from the milk intake calculator on page 3.

A scale that doesn't read to **1 gram** isn't precise enough for this. Ask me about rentals if you need one.

"Numbers are most helpful when we read them together."

Bring this sheet to your next visit, or send a photo by text to (407) 279-1906.



OPEN CALCULATOR

What's normal, and when to reach out.

*For the fridge, the diaper bag,
or the nightstand.*

These are **general guides, not diagnoses**. Every baby and body is a little different. Your pediatric team has the final word on medical questions.

IN THE FIRST WEEKS

Diapers by day

AGE	WET DIAPERS	DIRTY DIAPERS
Day 1	1+	1+ black/tarry
Day 2	2+	2+ greenish-brown
Day 3	3+	3+ greenish-yellow
Day 4	4+	3+ yellow, looser
Day 5+	6+	3+ yellow, seedy
Week 6+	6+	Varies, from once a day to once a week

FEEDING RHYTHM

Typical feeds by age

0–4 WEEKS

8–12 / day

Every 1.5–3 hr, around the clock

1–3 MONTHS

7–10 / day

Every 2–3 hr; longer stretches at night begin

3–6 MONTHS

6–8 / day

Cluster + spread; pattern depends on baby

6+ MONTHS

4–6 / day

Plus solids; milk still leads

EARLY HUNGER CUES

Easier feeds happen here, before crying.

- Stirring, light sleep
- Turning head (rooting)
- Sucking on fists
- Mouth opening
- Hands to mouth
- Soft sounds

LATE HUNGER CUES

Calm baby first; latch will go better.

- Crying
- Red face
- Hard to console
- Frantic head movements
- Body tense, arching
- Trouble latching

REACH OUT TO ME

Text or call (407) 279-1906. No question too small.

- ☐ Feeding hurts more than feels uncomfortable
- ☐ Baby seems hungry right after feeds, every feed
- ☐ Fewer wet diapers than expected for age
- ☐ Weight gain has slowed or stalled
- ☐ Engorgement, plugged ducts, or a tender red spot
- ☐ You feel uncertain (that's reason enough)

CALL YOUR PEDIATRICIAN SAME-DAY

Or seek urgent medical care. Feeding support is not a substitute for medical care.

- ☐ Fewer than 3 wet diapers in 24 hours after day 5
- ☐ Baby is very sleepy or hard to wake for feeds
- ☐ Fever in baby under 3 months (rectal $\geq 100.4^{\circ}\text{F}$)
- ☐ Signs of dehydration: sunken soft spot, no tears, dry mouth
- ☐ Sustained fever, chills, or flu-like body aches for you