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Here at Generations Women's Health, we would like to congratulate you on your choice to breastfeed your baby. We are committed to helping you achieve your breastfeeding goals.

We are proud to offer lactation services with our own nurse practitioner, Heather Kreareas. She has worked with breastfeeding moms for almost 17 years; and became an International Board Certified Lactation Consultant in 2005.

At this time, her services include question and answer sessions, during or after pregnancy, latch or feeding evaluations and appointments for other concerns.

As an introduction to breastfeeding, we encourage you to schedule a breastfeeding information class at the hospital in which you plan on delivering.

In addition, the following websites and books are available.

- Websites:
 - Kellymom.com
 - Ibconline.ca
 - Breastfeedingonline.com
 - Normalfed.com
 - Ameda.com/milk101 (this has great videos)
 - Bfar.org (breastfeeding after breast surgery information)

- Books:
 - Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers
Nancy Mohrbacher & Kathleen Kendall-Tackett
 - The Breastfeeding Mother's Guide to Making More Milk
Lisa Marasco
 - The Latch and Other Keys to Breastfeeding Success
Theresa Pitman
 - The Breastfeeding Book
Martha & William Sears
The Breastfeeding Book