

Lactation Counseling

During **lactation** Milk is **secreted from the mammary gland** during the breastfeeding period, while the so-called colostrum is secreted in the first days after childbirth. Colostrum is a liquid that contains more protein and minerals, less sugar and fat compared to later breast milk. **Lactation is affected by a decrease in estrogens and progesterones and the secretion of the hormone prolactin from the pituitary gland. The intensity of prolactin production is stimulated by breastfeeding.** Problems related to breastfeeding may arise after childbirth or in the postpartum period, which is why women seek a lactation consultant at that moment.

Who is a lactation consultant

'A *lactation consultant* **is a person trained by the Lactation League in the field of breastfeeding** and participates in regular thematic conferences. He can advise the woman on questions of suitable positions for breastfeeding or correct positioning. **A certified lactation consultant can only be a health professional and mothers who have completed courses organized by the Lactation League**. They help with the beginnings of breastfeeding and are on call if needed.

Lactation League

The lactation league is a non-profit organization that promotes and protects breastfeeding. It also creates breastfeeding awareness and promotion. It helps our hospitals by preparing them to obtain the Baby Friendly Hospital title and at the same time supervises compliance with the 10 steps to successful breastfeeding according to the WHO or the UNICEF organization. It also helps to distribute leaflets or brochures on the subject of breastfeeding. **It regularly trains lactation consultants** and initiates the creation of support groups for nursing mothers and lactation centers.

Links

Related articles

- Pregnancy
- Birth
- Breast feeding
- Six weeks
- Lactation

Resources

- NUTRIKLUB,. *Lactation counseling: why invite a lactation consultant to your home [online]*. [online]. Řepová, Andrea, ©2019. [cit. 2020-09-08]. <<https://www.nutriklub.cz/clanek/laktacni-poradenstvi-proc-si-domu-pozvat-laktacni-poradkyni>>.
- KOJENÍ,. *List of lactation consultants [online]*. [online]. Klimentová, Lenka, ©2000. [cit. 2020-09-08]. <<http://www.kojeni.cz/maminkam/poradci/>>.
- PROMAMINKY.CZ,. *Lactation League and Lactation Consultants [online]*. [online]. Pinarcioglu, Kristýna, ©2016. [cit. 2020-09-08]. <<https://www.promaminky.cz/clanky/porod-a-sestinedeli-48/laktacni-liga-a-laktacni-poradkyne-357>>.

References

- HÁJEK, Zdeněk – ČECH, Evžen – MARŠÁL, Karel. *Porodnictví*. 3. edition. 2014. ISBN 978-80-247-4529-9.