



Lactation support with Maven

For many mothers, breastfeeding isn't just about providing nutrition to their new baby, it is also about developing a special bond with their child. However, according to the CDC [60% of mothers do not breastfeed for as long as they intend to](#).

How does Maven support breastfeeding?

There is no wrong way to feed your baby—whether you choose formula-feeding, breastfeeding, or a combination. But we recognize there are many challenges that come with breastfeeding and want you to know Maven is here to help.

“My Maven Lactation Consultant was exactly who this desperate mama needed. After nearly a week of struggling, she helped me break through and successfully breastfeed my baby. She was thoughtful, compassionate, and patient, taking the time to get to know me and my daughter personally.”

MAVEN MEMBER



Lactation consultants



We provide on-demand and unlimited coaching and education appointments with lactation consultants who can help you reach your breastfeeding goal through:

- Education and preparation while you are pregnant
- Observing your latch technique and provide real-time guidance
- Developing a return-to-work plan with tips on how to successfully pump at work and talk to your manager and colleagues about your pumping schedule needs
- Taking the guesswork out of breastfeeding by answering all of your questions and addressing any concerns you may have about your baby's weight gain, your diet while breastfeeding, what medications are safe to take while breastfeeding, preparing to go back to work, and more.

Additional resources



And remember, through Maven you also have access to a designated Care Advocate, a library of content, provider-led classes like breastfeeding 101, a supportive community of parents going through similar experiences, and more.



Maven is a free benefit offered to you through your employer. Activate your free membership by scanning the QR code or visit mavenclinic.com/join/columbia