**Darling Essentials, LLC,** 3 Cunningham Dr., West Orange, NJ 07052

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**INFO & CHECKLISTS for your first appointment**

Our first appointments usually take **about 2 hours**, so we can:

1. Gather health information about both you and your baby

2. Gather information about your breastfeeding (and/or pumping) experience

3. Gather information about how your baby is feeding, sleeping, etc.

4. Examine your baby and your breasts

5. Observe a breastfeeding session, if needed

6. Discuss the issues and what to do about it

*If your insurance requires co-pays, you may most likely have two—one for you, and one for your baby.*

**REFERRALS**

*If your insurance requires a referral to see a specialist*, you will need TWO referrals to see us.

 We need referrals *for both mother and baby* from *each* of your primary care doctors

 **Please call both offices to request these referrals**

 Your doctor

 Your baby’s doctor

*Ask them to call us directly if they need more information.*

 **CHECKLIST**

***Please bring with you:***

 **1. Health and/or weight records** you may have on the baby.

 **2. List of all medications** you are on now,

and/or were on during pregnancy

 **3. A snack for yourself.** We have water and tea here.

 4. (A snack and books or toys if you are bringing a toddler or older sibling with you.)

***If your baby isn’t nursing well yet,* please also bring:**

 **1. Breastmilk or formula** for a feeding

 **2. (Your pump,** but *only* if you already have one

• Otherwise, if you’re not sure how to choose, wait. We can help.

• *OK to leave your pump in the car—we’ll go get it if needed.)*

***IT’S OK***

***TO FEED THE BABY***

*BEFORE YOU LEAVE!*

*Please don’t hold the baby off to wait for a feed here.*

**CAR SEATS**

If at all possible, ***please leave the car seat in the car!***

 Lugging the baby in the car seat can be **very hard on both your back and your arm.**

 It’s usually **much easier** to carry *just your baby* in your arms (or snuggled in a sling or baby carrier) with your diaper bag over one shoulder.