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Born to be Breastfed
New shows weekly
March 02nd 2015: **Creating a Breastfeeding Culture**

Breastfeeding seems to be in the headlines often, with stories about everything from lactation rooms to nurse-ins, insurance coverage for pumps to state laws, celebrity moms to pumping back stage at the Oscars. Still, U.S mothers often find that they lack adequate support during the first days after baby's birth, a critical period for breastfeeding. Hospitals are too often understaffed; mother-based programs such as La Leche League are underutilized. What can we do to help the breastfeeding mothers and babies we care about? Tune in as Marie talks with doula and lactation consultant Teresa Bail

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Featured Guest



Teresa Bailey
Teresa Bailey, CD, IBCLC, has been a doula with "Hearts and Hands Doula Service" since 1999 and a lactation consultant since 2010. She and Jan Mallak (founder of Hearts and Hands) co-authored "Doulas' Guide to Birthing Your Way," published by Hale Press in 2010 and available on Amazon. As a doula, Teresa has attended more than a hundred births, including VBACs, cesarean births, inductions, birth center births, twin births, home births, and births with water. She also provides postpartum assistance, including breastfeeding help. As an educator, Teresa teaches new mothers about their upcoming birth; she also trains new doulas. In addition to her doula and lactation consultant training, Ter

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