

How to Prepare for a Virtual Consultation

With preparation and a little humor, your virtual consultation will be just as effective as in person!
Here are some tips to make sure it is a good experience.

*Ensure a strong internet connection and a device that is fully charged. Have your power cord nearby just in case!

*Good lighting is essential. Think about the light shining directly on you from the front, rather than behind you. Sitting in front of a window often works well. Or a table lamp with the shade bent so that light shines toward you can be effective also.

*Make yourself comfortable. Do you like to nurse on your bed? Great. No problem. Enjoy the fact that you don't have to go to an office!

*Having a helper is a good idea. An older sibling, a friend or your partner are all good choices.

*Sometimes having 2 devices that can log in to the meeting is helpful. While your laptop shows me the sitting-across-from-you view, a phone can show me details of baby's mouth or a sore nipple.

*You may be asked to help me examine your baby. Parents usually find that this is fun and interesting.

*Remember that I will need to see your baby eat--sometimes that is bottle feeding and sometimes breastfeeding and sometimes both! It depends on what you usually do and what you want me to see. I usually suggest that parents plan for a feeding about 45 min after the start of the consultation.

*If you're pumping, please have your pump and parts available and ready to go. If you have multiple flange sizes, have them close by so we can make sure you have the correct size.

*Feel free to eat and drink during our visit!.