



Hello! I'm Meagan Pa,

An International Board Certified Lactation Consultant (IBCLC) dedicated to helping parents find confidence and joy in their breastfeeding journey. My mission is to make breastfeeding feel natural and achievable—whether that means teaching you hands-free nursing techniques or supporting you through the unique challenges you face. As a mother who's navigated these paths myself, I know how important it is to have compassionate, expert support. I'm here to empower you every step of the way.

I didn't think twice when choosing lactation as my profession. When my first baby arrived, I was sure I'd done everything right—I'd taken all the classes, read every book, and felt prepared for birth and baby care. But breastfeeding turned out to be the hardest thing I'd ever done. It hurt, he cried constantly, and I was overwhelmed. I sought out help again and again, determined to make it work. And we did—but the journey showed me that it shouldn't be this hard for mothers. My "why" is simple: I've been there. I know the challenges and the heartache, and I'm passionate about helping others navigate this journey with greater ease, confidence, and joy.

My goal is to make breastfeeding one less worry and one more joy for you and your baby.

Ready for support?
Schedule a free consultation today!



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Latch Onto Success:
Because Breastfeeding
Shouldn't Be a Struggle



 **Meagan Pa**
Lactation Consultant | Birth Doula | Perinatal Educator

www.meaganpa.com

Benefits of meeting with a Lactation Consultant

Prevention of Common Issues

Proactive guidance from a consultant can help prevent latching problems and discomfort, leading to a smoother experience from the start (Riordan & Wambach, 2010).

Personalized Support for Your Unique Needs

Every mother-baby pair is different. Sessions provide tailored advice, whether exclusively breastfeeding, combining with pumping, or incorporating formula.

A Supportive, Trusted Relationship

Having a professional for ongoing guidance increases breastfeeding success and satisfaction (AAP, 2012), offering reassurance and expert help when you need it most.

Client Testimonial

"After successfully breastfeeding three children, I didn't expect to need much support with my fourth, but I was wrong! My little one struggled with choking, sputtering, and reflux due to oversupply, and I was so grateful to have Meagan as my IBCLC to guide me through techniques and options. Thanks to her expertise, nursing is now an enjoyable experience for both me and my baby."

~Erin

How I can support you



Lactation Services

- 1 Personalized Consultations**
In-person or virtual sessions to address any breastfeeding concerns.
- 2 Technique Guidance**
Tips for comfortable latch, nursing positions, and milk supply support.
- 3 Office Visits, Home Visits, & Telehealth**
Dedicated consultations for ongoing guidance.
- 4 Breastfeeding & Pumping Plans**
Customized plans to combine nursing with pumping or transition back to work.

Birth Doula Support

- 1 Continuous Labor Support**
Emotional and physical support during labor to feel empowered and informed.
- 2 Comfort Techniques**
Guidance on positioning, breathing, and relaxation to ease labor.
- 3 Advocacy and Communication**
Ensuring your preferences are respected and communication with your care team is clear.

Perinatal Education

- 1 Prenatal Breastfeeding Classes**
Group or private sessions to build confidence before your baby arrives.
- 2 Online Childbirth Course**
Convenient, comprehensive online courses covering labor, birth, and postpartum.
- 3 Specialized Support**
Tailored guidance for medical needs, twins, and other unique situations.

Client Testimonial

"As a first time mom, I'm so grateful for Meagan's knowledge and positive approach. She created a tailored plan for me and my baby that evolves as we progress, making my goal of combination breastfeeding feel achievable. I highly recommend Meagan for her expert guidance and support."

~Casey

Compassionate, customized care to empower you every step of the way.

Evidence-based support with a personal connection.

