



What happens next?

How to contact Lori

(226) 342-5003

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Your Practice Better Client Portal

Your visit today includes two weeks of unlimited phone, e-mail or text follow up. I fully expect to hear from you, and you are NOT bothering me 😊

Do not hesitate to reach out to me for the next two weeks to clarify the plan we made today. I do not sleep with my phone on or carry it on me during family time around work hours, so feel free to text, email or call me and I will respond when I pick up my messages.

If you have a new problem that is not urgent (see FAQ), please book a follow up appointment. I will also get in touch as soon as I get your message so we can work on whatever we can before I see you.

If you have an urgent problem (see FAQ), please go to your nearest after hours clinic or ER department.

Summer hours:

Monday: closed
Tuesday: 9am-7pm
Wednesday: noon-5pm
Thursday: 9am-7pm
Friday: 9am-noon
Saturday: 9am-noon
Sunday: closed

*please note the Client Portal through Practice Better is the only method of contacting me where I can guarantee protection of your Personal Health Information, privacy and confidentiality.

After your appointment

Some breastfeeding problems can be solved immediately.

Others take time, as you practice new skills and baby gets stronger.

Depending on the complexity of the problems we identified today, follow-up visits or appointments with other health care providers may be necessary.

Follow the care plan we made together today and celebrate every win. We all want the 100% fix but often it comes in degrees. You will get there, I believe in you.

Please take some time for self-care every day and remember, there will come a day (before you know it) when you sleep for longer than a few hours at a time, you can luxuriate in the shower, you will eat a hot meal without interruption and your baby will wiggle away from you every time you try to hold them.

Resources and Support

For emotional support online and social media:

<https://www.postpartum.net/get-help/>

IGT and Low Milk Supply Support Group on Facebook

Exclusive Pumping Moms Canada on Facebook

For local peer to peer support:

La Leche League London Jennifer L. Seachrist 226-663-4034

Medication safety

<https://www.ncbi.nlm.nih.gov/books/NBK501922/>

For general breastfeeding information you can trust

<https://kellymom.com/>

Breastfeeding Matters – An Important Guide to Breastfeeding for Women and their Families- download free version

Sleep

<https://islagrace.ca/>