

gentle & expert care

Lactation Support & Infant Feeding Care



Supporting families through feeding challenges, transitions, and personalized infant care

Personalized lactation care grounded in evidence-based guidance and emotional support. Whether you're navigating the early days of feeding, managing sleep transitions, adjusting your plans, or recovering from a difficult start—I'm here to help you feel informed, confident, and supported.

OUR SERVICES



Feeding Assessments & Plans

Comprehensive lactation support tailored to your feeding goals—whether you're chestfeeding, bottle-feeding, combo-feeding, or exclusively pumping.



Latch & Supply Support

Support with latch issues, milk supply concerns, feeding cues, weight gain worries, and understanding your baby's unique feeding patterns.



Feeding After a Difficult Start

Gentle, nonjudgmental care for those navigating feeding after NICU, birth trauma, separation, or unmet expectations.

WHAT TO EXPECT IN A SESSION

Most in-home visits are 2 hours, with virtual options available. We'll explore your feeding goals, address challenges, and co-create a plan that supports your body, your baby, and your family.

Referrals offered when appropriate.

I'm here to support your journey with infant feeding, sleep, and early parenting—every step of the way. Let's talk about what you need to feel confident, calm, and cared for.

**Contact Us
for more information**

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