

# Breastfeeding Medicine and Lactation Support

Comprehensive Care for All Your Breastfeeding Needs



**Whether you're experiencing challenges with breastfeeding or need expert support for special situations, we are here to guide you every step of the way**

## SERVICES PROVIDED

### General Lactation Support

- Difficulty latching or painful latch
- Low milk supply/insufficient milk transfer
- Engorgement/blocked ducts
- Nipple pain, cracks and sore nipples
- Pumping and milk storage guidance

### Lactation Consultation for Special Circumstances

- Induced lactation for adopting parents, same-sex couples, and surrogacy
- Relactation support after weaning or interrupted breastfeeding
- Supplemental nursing system (SNS) guidance for low supply or bottle refusal

### Tongue-Tie & Lip-Tie Assessments & Treatment

- Comprehensive evaluation for tethered oral tissues
- Assistance with release (frenotomy) and post-release care
- Breastfeeding and bottle-feeding techniques after tie release

### Infant and Maternal Health Issues

- Cleft lip/palate support
- Preterm or NICU infant breastfeeding support
- Breastfeeding after breast surgery (e.g., reduction, augmentation)
- Working with babies with reflux, colic or allergies

### Breastfeeding with Medical Conditions

- Managing breastfeeding with chronic conditions (e.g., diabetes, thyroid disorders)
- Medication safety during breastfeeding
- Supporting breastfeeding with postpartum mood disorders (e.g., depression, anxiety)

### Weaning and Transitioning

- Gentle weaning strategies and support
- Transitioning to solids and mixed feeding

### Breastfeeding Education and Counseling

- One-on-one education about breastfeeding positions, latch, and milk supply
- Group education for new parents or specific support groups
- Breastfeeding after returning to work or school

This lactation support program is lead by Hayley Hoffman, C.N.M., IBCLC, PMH-C



**"As a specialist in breastfeeding medicine, I provide personalized, evidence-based care tailored to your needs. I am dedicated to ensuring you feel confident, supported, and empowered in your breastfeeding journey—no matter your unique circumstances."**

– Hayley Hoffman, C.N.M., IBCLC, PMH-C

**For more information,  
call 410-601-9300**

**LOCATION: Sinai Hospital**

**Michael Mirowski Medical Office Building**

5051 Greenspring Ave., Suite 100, Baltimore, MD 21209