

Who I Am

Background

I'm Kaila, a proud mother of two beautiful children. I hold a bachelor's degree in psychology, which has given me valuable insights into the emotional and mental aspects of motherhood. Throughout my journey, I faced numerous challenges with breastfeeding. Recognizing the significant lack of support available to new mothers in this area, I decided to take action. That's why I pursued certification as a lactation counselor, determined to make a difference and provide the much-needed support to breastfeeding mothers.

Values

At the heart of my lactation practice is a deep sense of empathy and compassion. I believe that every mother's journey is unique, and I am here to support you without judgment. My commitment to ongoing learning ensures that I stay up-to-date with the latest information and techniques, so I can provide you with the best guidance possible. Together, we'll navigate your breastfeeding journey in a warm and welcoming environment, where you can feel confident and empowered every step of the way.

Goals

I firmly believe that every mother deserves unwavering support to achieve her breastfeeding goals. As your advocate, I am committed to empowering you on your breastfeeding journey. My goal is to equip you with a wealth of resources and guidance so that you can thrive and succeed in your breastfeeding experience.



Lactation Services



Contact

@all_things_motherly
kaila@allthingsmotherly.com
www.allthingsmotherly.com



Products & Services

Virtual Lactation Consultations

My virtual lactation consultations offer personalized support tailored to your unique breastfeeding journey. Whether you're seeking guidance for an initial consultation, addressing low milk supply, navigating weaning, mastering pumping techniques, or preparing to return to work, I'm here to help. Enjoy the convenience of expert advice from the comfort of your home, empowering you to overcome challenges and achieve your breastfeeding goals. Let's work together to ensure a positive and fulfilling breastfeeding experience!

eBooks

I have crafted a series of ebooks designed to accompany you through every stage of your breastfeeding experience. From comprehensive guides on breastfeeding basics to specialized topics like troubleshooting common challenges, mastering breast pumping techniques, and strategies for boosting milk production, these ebooks offer valuable insights and practical advice to support you on your journey.



Products & Services

Email Lactation Consultation

Opt for my convenient email lactation consultations for prompt solutions to any queries or issues you may have about breastfeeding. Say goodbye to waiting for in-person or virtual appointments and get the support you need right at your fingertips.

Online Breastfeeding Class

Embark on your breastfeeding journey with our comprehensive online course, offering a wealth of information to support you every step of the way. Enjoy lifetime access to the course materials and the option to print out helpful notes for easy reference.

Client Review

“Kaila was super helpful troubleshooting my supply issues and just general questions I had! I would recommend her email consultation to any milky moma needing a lactation consultation with a reasonable price!!!”

How can a lactation counselor help me?

A certified lactation counselor plays a crucial role in supporting and guiding breastfeeding mothers and families. Here are some key reasons why a certified lactation counselor is important:

- 1. Expert Guidance:** A certified lactation counselor offers specialized knowledge and advice on breastfeeding techniques and solutions to common challenges.
- 2. Personalized Support:** They provide tailored assistance and individualized care to address specific breastfeeding needs and concerns.
- 3. Emotional Reassurance:** A certified lactation counselor offers empathy, encouragement, and reassurance to boost a new mother's confidence and well-being during the breastfeeding journey.

