

Breastfeeding Support - The Milk Clinic

[Healthcare Providers](#) and [Pregnancy Care](#)

Provides infant feeding support to women virtually and in person.

We are a team of midwife and physician lactation consultants specializing in the clinical management of infant feeding challenges. We work with families to meet their unique infant feeding goals. We can help with:

- Developing a prenatal feeding plan
- Inducing lactation/ re-lactation
- Chestfeeding/ bodyfeeding
- Latch and related challenges
- Refusal to latch
- Milk supply concerns (low or high)
- Recurrent blocked ducts, mastitis or abscess
- Fuss/cry/sleep problems
- Tongue-tie evaluation and release
- Supplementation
- Nipple confusion and how to bottle-feed
- Exclusive pumping
- Transitioning to solids
- Weaning

To access the clinic a referral is required from a health care provider (nurse, midwife, physician or social worker). Providers can refer patients using the referral form. The clinic is located in Penticton, with virtual options for those living at a distance throughout British Columbia. Appointments are typically available within 1 week of referral. The Milk Clinic will follow families until concerns are resolved, will initiate further referrals as clinically indicated, and will send referrers updates as appropriate.

778-622-4422

Public email: info@themilkclinic.ca

[587 Penticton Avenue, Penticton, British Columbia, V5K 3L8](#)

Service is available in English.

Cost: No cost

Referral options:

- Social worker referral
- Physician or nurse practitioner referral
- Health professional referral
- RM referral

Availability