



Videos and Images Needed for Our Visit

If this is our first visit, I would like to be able to preview some photos and videos of your baby "doing his or her thing" before our visit. It helps me to get a better idea of oral function and helps us to create a care plan that's targeted to your child's specific anatomy and feeding difficulties. I like to aim for these five photos/videos but anything you can capture prior to our scheduled time is helpful to me. Please text them to me at 904-321-9089 or email them to me at amy@communitylactation.com prior to our visit.

1. One of your favorite very recent photos of your baby taken within the past couple of days. Non-professional, from a phone is great.
2. If your baby is non-mobile, an aerial view of baby wearing only a diaper lying flat on his/her back on a firm, flat surface like bed or a play mat. If baby is mobile, a video of baby crawling, sitting up or playing is helpful for me.
3. A short video of you performing an oral exam just like this one is exceptionally helpful for me to see under the upper lip and tongue of your baby:

<https://vimeo.com/86784777>

Making this video is really a two-person job. It's helpful for one parent to record while the other caregiver sits or stands behind the baby's head to lift the lip and the tongue. Parents can place baby on a flat surface like a changing pad or bed and the person who is lifting the lip/tongue can sit or stand behind the baby while the caregiver taking the photographs is typically in front of the baby. You can also choose to sit knee to knee facing one another in two separate chairs. A camping headlamp can help illuminate the areas you are photographing/videoing.

4. A video of baby feeding, either at breast/chest, with a bottle or both. Try to get baby's mouth, face, neck and even pan to the whole body if you can.
5. A video of baby's mouth during baby crying.

I am always available for questions via text or phone at 904-321-9089. Please give a call or text if you're having any trouble capturing these images. I am here to help!

EMPOWERING FAMILIES.
Inspiring Community.