

# Alyssa Schnell, MS, IBCLC

## Lactation Consultant

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### Mission Statement

To provide warm, nurturing support to the nursing parent.  
To provide comprehensive and current breastfeeding information.  
To respond to the parent's contact in a timely manner.  
To respect each parent's individual definition of breastfeeding success and help her to meet her personal goals.  
To raise awareness in the wider community of the importance of breastfeeding.  
And, most importantly, to foster confidence in each nursing parent that she has the innate ability to be a wonderful parent.

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### Professional Experience

September 2017 – present • Editorial Review Board Member for Breastfeeding Today • La Leche League International

Review and provide suggestions and feedback regarding breastfeeding-related articles submitted to La Leche League International's online magazine Breastfeeding Today.

Jan 2016 – present • Podcast Developer and Co-Host • Breastfeeding Outside the Box podcast

Develop and co-host a series of podcasts for parents aiming to support the nourishing and nurturing of babies in exceptional families - families who historically have not received the help and support they need and deserve. Exceptional families featured on the podcast include adoptive, intended, and foster families; gender and sexual minorities; families with special needs babies; parents who have had breast surgery; mothers with IGT or low milk production for other reasons; exclusively pumping mothers; and more.

April 2010 – present • Lactation Consultant in Private Practice • Sweet Pea Breastfeeding Support (owner)

Services include: history taking; assessment of mother's anatomy; assessment of baby's anatomy and physiology; observation of a feeding; calculation of milk intake; suck training; evaluation of breast pump and pumping session; education on breastfeeding technique and management. Provide help for: difficulty latching; painful nipples or breasts; milk under- or over-production; tongue-tie; overactive milk ejection; nursing strike; mastitis and blebs; thrush; induced lactation and relactation.

March 2002 – December 2015 • Volunteer breastfeeding counselor • La Leche League International

Provide breastfeeding information and support via one-on-one counseling. Facilitate monthly support group meetings. Assist in the management of the local group. Train new volunteer breastfeeding counselors.

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## Writing Experience

*Breastfeeding Without Birthing: A Breastfeeding Guide for Mothers Through Adoption, Surrogacy, and Other Special Circumstances*, Preaclearus Press, April 2013

*Breastfeeding without Birthing: Mothers through Adoption or Surrogacy CAN Breastfeed!* Journal of Human Lactation, February 2015 31: 187–188, doi:10.1177/0890334414561478v

“Breastfeeding Without Birthing.” *Adoptive Families Magazine*, Winter 2014: p. 30-34

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## Speaking Experience

April 2019 • Lactation Consultants of Great Britain • *An Individualized Approach to Induced Lactation or Relactation; ReLATCHtation: Transitioning from Bottle to Breast/Chest-feeding*

April 2019 • GOLD Lactation online conference • *The Proficient Pumper*

March 2019 • Lactation Consultants in Private Practice Conference • *Sweet Pea in a Pod...cast*

January 2018 • Illinois Department of Human Services • *Successfully Combining Breastfeeding with Work or School*

November 2017 • La Leche League of Wisconsin • *The Proficient Pumper, New Notions in Nursing: How Parents are Breastfeeding Outside the Box, Breastfeeding Without Birthing*

October 2017 • Art of Breastfeeding Conference, Chapel Hill, NC • *An Individualized Approach to Relactation or Inducing Lactation*

July 2017 • Illinois Department of Human Services • *Attachment Parenting as a Foundation for Successful Breastfeeding, Tools for Supplementing Breastfeeding, The Proficient Pumper*

May 2017 • Iowa Blank Hospital Breastfeeding Conference • *An Individualized Approach to Relactation or Inducing Lactation, The Proficient Pumper, The Breastfeeding Partner: How Dads and Other Special People Make a Difference*

May 2017 • United States Lactation Consultant Association Conference • *New Notions in Nursing: How Parents are Breastfeeding Outside the Box*

March 2017 • Maryland Lactation Sharing Conference • *Breastfeeding Without Birthing, The Proficient Pumper, Tools for Supplementing Breastfeeding*

October 2016 • St. Louis Area La Leche League • *Relactation and Back-to-Breast*

October 2016 • Illinois Department of Human Services • *The Breastfeeding Partner: How Dads and Other Special People Make a Difference*

October 2016 • International Lactation Consultant Association • *New Notions in Nursing: How Parents are Breastfeeding Outside the Box*

May 2016 • Wisconsin Association of Lactation Consultants • *Relactation*

April 2016 • Edwardsville Breastfeeding Task Force Conference • *Breastfeeding Without Birthing, Milk Sharing, The Proficient Pumper, The Role of the Breastfeeding Partner*

March 2016 • Lactation Consultants in Private Practice Workshop • *Breastfeeding Without Birthing*

October 2015 • iLactation Online Conference • *Breastfeeding Without Birthing*

July 2015 • Praeclarus Press Webinars • *Breastfeeding Without Birthing*

September 2014 • La Leche League of St. Louis World Breastfeeding Week Seminar • *Combining Breastfeeding with Work or School*

July 2014 • International Lactation Consultant Association • *Breastfeeding without Birthing*

June 2014 • La Leche League of Missouri Conference • *The Proficient Pumper*

April 2014 • GOLD Lactation Online Conference • *Breastfeeding without Birthing*

August 2013 • United States Lactation Consultant Association webinar • *Breastfeeding without Birthing*

June 2013 • La Leche League of Missouri Conference • *Breastfeeding without Birthing; Attachment Parenting as a Foundation for Successful Breastfeeding; The Role of the Breastfeeding Partner*

May 2013 • United States Lactation Consultant Association • *Breastfeeding without Birthing*

November 2012 • Lactation Consultants of Metropolitan St. Louis • *Breastfeeding without Birthing*

October 2012 • La Leche League of St. Louis World Breastfeeding Week Seminar • *Combining Breastfeeding with Work or School*

October 2011 • La Leche League of St. Louis World Breastfeeding Week Seminar • *Combining Breastfeeding with Work or School*

June 2010 • La Leche League of Missouri Conference • *Biological Nurturing: A Laid-back Approach to Breastfeeding*

June 2007 • La Leche League of Missouri Conference • *Adoptive Nursing*

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### **Personal Experience**

Breastfed 3 children: Overcame difficulties getting started; expressed milk at work; tandem nursed; breastfeed an adopted baby. All children breastfed for at least 4 years.

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### **Professional Associations**

International Lactation Consultant Association, United States Lactation Consultant Association, Lactation Consultants of Metropolitan St. Louis, Missouri Breastfeeding Coalition, National Association of Professional and Peer Lactation Supporters of Color (Allied Membership)

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### **Education**

1990 • MS • University of Michigan • Industrial and Operations Engineering  
1988 • BS • University of Michigan • Mathematics and Statistics