

Alyssa Schnell, MS, IBCLC

Lactation Consultant

812 N Forest Avenue • St. Louis, MO 63119 • 314-614-2074
alyssa@alyssaschnellibcl.com • www.AlyssaSchnellIBCLC.com

I am a lactation professional with over 20 years of experience supporting a diverse group of parents and training other health professionals. My professional life centers around supporting general milk production issues and a worldwide mission to promote and support relactation and induced lactation for non-gestational parents, including parents by adoption or surrogacy and parents partnered with the birthing parent.

Professional Experience

Lactation Consultant in Private Practice

Sweet Pea Breastfeeding Support, LLC dba Alyssa Schnell, IBCLC (owner)

April 2010 – present

Specializing in induced lactation and relactation. Also supporting general breastfeeding issues such as difficulty latching; painful nipples or breasts; milk under- or over-production; tongue-tie; overactive milk ejection; nursing strike; mastitis and blebs; thrush. Services include history taking; assessment of parent'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. All clients provided with detailed lactation plan to meet their breastfeeding/lactation goals.

Conference Speaker

June 2007 – present

Speak at local, national, international, and online conferences on the topics of inducing lactation, relactation, and related topics.

Editorial Review Board Member

Breastfeeding Today magazine, La Leche League International

September 2017 – January 2022

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

Podcast Developer and Co-Host

Breastfeeding Outside the Box podcast

Jan 2016 – June 2018

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.

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Volunteer Breastfeeding Counselor

La Leche League International

March 2002 – December 2015

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.

Writing Experience

Books

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

Professional Journal Articles

Schnell, A. (2022). Successful co-lactation by a queer couple: A case study. *Journal of Human Lactation*, 08903344221108733.

Schnell, A. (2022). The Three Step Framework for Inducing Lactation™. *Journal of Human Lactation*, 38(2), 252-261. doi.org/10.1177/08903344221076531

Schnell, A. (2015). Breastfeeding without birthing: Mothers through adoption or surrogacy can breastfeed! *Journal of Human Lactation*, 31(1), 187-188.

Magazines

“Breastfeeding Without Giving Birth.” La Leche League’s Leader Today Magazine, October 2019

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

Speaking Experience

January 2024 • **GOLD Winter Learning Day** • *Demystifying Inducing Lactation: How Lactation Happens without Pregnancy and Birth*

October 2023 • **2023 Kansas Breastfeeding Conference** • *Common Challenges Facing the Lactation Professional Supporting Non-Gestational Parents Inducing Lactation: Adoption, Surrogacy, and LGBTQIA+, Supplementation: A Goldilocks Dilemma, Co-Nursing: How Parents Share the Breastfeeding Relationship, The Breastfeeding Partner: How Dads, Co-Mom and Other Special People Make a Difference*

May 2023 • **Well Child Center’s Women, Infants, and Children (WIC) and the Illinois Department of Human Services WIC Program** • *The Proficient Pumper*

April 2023 • **GOLD Lactation Online Conference** • *Supplementation: A Goldilocks Dilemma*

March 2023 • **Oklahoma City WIC and Nursing Conference** • *The Unique Needs of Non-Gestational Parents: Adoption, Surrogacy, LGBTQIA+ and More, Supplementation: A Goldilocks Dilemma*

February 2023 • **Danish Association of Certified Lactation Consultants (DACLC) Conference** • *The Unique Needs of Non-Gestational Parents: Adoption, Surrogacy, LGBTQIA+ and More, An Individualized Approach to Induced Lactation and Relactation*

November 2022 • **32nd Annual Art of Breastfeeding Conference** • *The Unique Needs of Parents Relactating and Inducing Lactation, including Adoption, Surrogacy, LGBTQIA+ and More, An Individualized Approach to Induced Lactation and Relactation*

June 2022 • **Pennsylvania Chapter of the American Academy of Pediatrics** • *Relactation: Resuming Milk Production after Days, Weeks, or Months*

April 2022 • **The B.E.S.T. Connection** • *An individualized Approach to Inducing Lactation and Relactation, Peer-to-Peer Milk Sharing, Supplementation: A Goldilocks Dilemma, The External Milk Duct: Choosing and Using a Nursing Supplementer, Parenting Tools for Successful Breastfeeding Outcomes*

March 2022 • **New Mexico Breastfeeding Task Force** • *The Unique Needs of Non-Gestational Nursing Parents: Adoption, Surrogacy, LGBTQIA+ and More*

February 2022 • **New Zealand Lactation Consultant Association** • *The Unique Needs of Non-Gestational Parents: Adoption, Surrogacy, LGBTQIA+ and More*

October 2021 • **La Leche League International** • *Breastfeeding/Chestfeeding for the Non-Birthing Parent: Adoption, Surrogacy, LBGTQIA+ and More*

October 2021 • **Mississippi Breastfeeding Coalition** • *The Unique Needs of Non-Gestational Parents: Adoption, Surrogacy, LGBTQIA+ and More*

October 2021 • **Massachusetts Breastfeeding Coalition** • *The Unique Needs of Non-Gestational Parents: Adoption, Surrogacy, LGBTQIA+ and More, Peer-to-Peer Milk Sharing*

September 2021 • **Western Pennsylvania Lactation Consultant Association** • *An Individualized Approach to Induced Lactation and Relactation, ReLATCHtation: Transitioning the Exclusively Bottle-fed Baby to Breast/Chestfeeding, The Unique Needs of Non-Gestational Parents: Adoption, Surrogacy, LGBTQIA+ and More, Supplementation: A Goldilocks Dilemma*

September 2021 • **Baystate Medical Center** • *The Unique Needs of Parents Inducing Lactation or Relactating, ReLATCHtation: Transitioning from Bottle-feeding to At-Breast/Chest Feeding, An Individualized Approach to Induced Lactation*

August 2021 • **International Lactation Consultant Association** • *The Unique Needs of Non-Gestational Nursing Parents: Adoption, Surrogacy, LGBTQ+ and More*

April 2021 • **GOLD Lactation Online Conference** • *ReLATCHtation Transitioning from Bottle-feeding to At-Breast/Chest Feeding*

September 2020 • **The B.E.S.T. Connection** • *Breastfeeding Outside the Box: The Unique Needs of Non-Gestational Parents, The Breastfeeding Partner: How Dads, co-Moms and Other People Make a Difference,*

The Proficient Pumper, ReLATCHtation: Transitioning from Bottle-feeding to At-Breast/Chest Feeding, Combining Breastfeeding with Work or School

July 2020 • **Lactation Education Resources** • *An Individualized Approach to Inducing Lactation, The Proficient Pumper, Tools for Supplementing Breastfeeding*

March 2020 • **United States Lactation Consultant Association** • *Supporting Induced Lactation: Addressing Common Challenges Facing the Lactation Professional*

November 2019 • **Breastfeed LA** • *The Unique Needs of Non-Gestational Nursing Parents: Adoption, Surrogacy, LGBTQ+ and More, An Individualized Approach to Inducing Lactation, Relactation: Resuming Milk Production after Days, Weeks, or Even Months, ReLATCHtation: Transitioning from Bottle-feeding to At-Breast/Chest Feeding, Tools for Supplementing Breastfeeding*

September 2019 • **Adoption Learning Partners** • *Bottles, Breastfeeding, and Beyond: Infant Feeding Options for Adoptive Parents*

September 2019 • **Kentuckiana Lactation Improvement Coalition** • *Successfully Combining Breastfeeding with Work and School, An Individualized Approach to Induced Lactation or Relactation; ReLATCHtation: Transitioning from Bottle to Breast/Chest-feeding, The Unique Needs of Nongestational Parents*

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 Webinar** • *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 Conference** • *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*

Personal Experience

Breastfed 3 children, 2 by birth and one by adoption. Overcame difficulties getting started; expressed milk at work; tandem nursed; breastfeed an adopted baby. All children breastfed for at least 4 years.

Professional Associations

International Lactation Consultant Association
United States Lactation Consultant Association
Missouri Breastfeeding Coalition

Education

1990 • MS • University of Michigan • Industrial and Operations Engineering

1988 • BS • University of Michigan • Mathematics and Statistics