

Laurena Kuehni

Lactation Consultant

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📍 35 Pilot Knob Lane, Telluride,
CO 81435

Education

Bachelor's in Nursing at Massachusetts Institute of Technology, Cambridge, MA

Sep 2011 - May 2016

I completed my coursework and clinical rotations while maintaining a 4.0 GPA, and I am now a certified lactation consultant.

Links

[linkedin.com/in/laurenakuehni](https://www.linkedin.com/in/laurenakuehni)

Skills

Breastfeeding

Lactation counseling

Breast milk production and
let-down reflexes

Pumping and expressing breast
milk manually

Identifying and correcting latch
problems

Treating plugged ducts,
engorgement, mastitis

Prenatal lactation education

Languages

English

Bengali

Profile

I have over six years of experience as a lactation consultant. I am passionate about helping mothers and babies achieve their breastfeeding goals. I have worked with mothers of all ages, backgrounds, and circumstances. My vast knowledge about the physiology of lactation and the practicalities of pumping breastmilk allow me to help my clients overcome any obstacles they may face. In addition to one-on-one consultations, I also lead classes on breastfeeding basics for expectant parents.

Employment History

Lactation Consultant at Mona Lisa Lactation Services- New York

Feb 2022 - Present

- Assisted in the care of 400+ mothers and infants annually.
- Provided expert guidance on breastfeeding to new parents.
- Trained staff members on proper lactation techniques.
- Helped increase exclusive breastfeeding rates at the facility by 10%.
- Created and implemented a successful peer-to-peer support program for nursing mothers.
- Wrote proposals that led to the funding of 2 new lactation consultant positions.

Assistant Lactation Consultant at The Breastfeeding Center of Pittsburgh-Pennsylvania

Sep 2016 - Dec 2021

- Provided breastfeeding education and support to 1,000 new mothers.
- Successfully helped 200 mothers overcome latch issues within the first week postpartum.
- Ate 6 meals a day during work hours while pumping every 2-3 hours in between patients to maintain milk supply.
- Treated and diagnosed 200 cases of thrush using oral and topical medications over the course of 3 months.
- Assisted 100 mothers with engorgement issues through manual expression, ice packs, and other means of relief.
- Successfully brought 50% increase in successful breastfeeding rates for preterm infants in the Neonatal Intensive Care Unit (NICU).

Certificates

International Board of Lactation Consultant Examiners (IBCLC)

Oct 2020

American Academy of Pediatrics Neonatal Resuscitation Program Provider certification (NRP)

Apr 2019

Certification in Childbirth and Neonatal Nursing from the National Certification Corporation for Obstetric, Gynecologic and Neonatal Nurses

Dec 2017