

Flange Fitting for Clinical Practice ^(Plus)

a WORKSHOP for lactation & perinatal professionals

Many parents today want to or need to pump their milk. As professionals who work with families, our clients have questions about pumps and flange fitting. They expect us to be updated on all the pumps and newer options for flanges and how to assess flange sizes with them. How are we to keep up as the market moves so quickly? What do we do when clients ask us about flange sizing?

Attend the Flange Fitting for Clinical Practice (Plus) workshop! There are in-person workshops planned...and more locations to be announced soon. If one of the dates works for you, sign up today!

You'll learn (and participate in) the "new" approach to flange fitting with lactating volunteers, and you'll get hands-on experience with pumps and all the sizes and shapes (and materials) of flanges and inserts on the market today. We'll also discuss how to counsel your clients about using these products, based on their needs and desires. Because this workshop is in-person, it's also a fun way to connect with colleagues.

2026 workshops

UNITED STATES

March 12 Philadelphia, PA
(Mullica Hill, NJ, ½ hour south of Philly)

March 15 DC/Baltimore, MD
(near BWI Airport)

March 21 Harrisburg, PA

CANADA

April 10 Calgary, AL

April 16 Kamloops, BC

April 20 Prince George, BC

April 25 Vancouver, BC
(Surrey, BC)

more locations to be announced soon

**If an in-person workshop doesn't work for you,
an on-demand option is available**
(and the first hour is free and 1 CERP):

<https://workshop.babiesincommon.com/eg-flanges>



Our new research study shows that flange fitting is related to the size of the TIP of the nipple, NOT the base...find out why and learn the nuances of this results-based flange fitting approach.

with

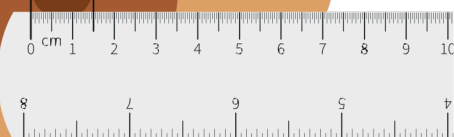
Jeanette Mesite Frem
MHS, IBCLC, CCE

**creator of the
Flange FITS™ Guide**

*Come see
for yourself!*

areola

nipple tip



babiesincommon.com/forprofessionals

1 cm = 10mm. Flange sizes are in mm.

from the
Flange FITS™ Guide
12/2023

Testimonials...

from in-person workshop participants and pumping people



As a newer IBCLC taking this course MY jaw dropped and mouth was open as I examined in surprise the large variety of pumps...and the difference in milk output when the correct size flange was used! Highly recommend this course .. well worth your time and money!! KW, IBCLC

I did a flange fitting for a client the week after the course and a patient called it "magical"! Thank you! CB, IBCLC

Jeanette shares so many useful tips and information for flange sizing...and everything you want to know and need to know about the pumps on the market. I had taken the online class and it had a huge impact on the care I was able to offer parents. I have to say, the in person class was even more informative and exceeded my expectations by leaps and bounds. Seeing the gear in person, being able to interact with it, and having the real life demonstrations for flange sizing, pumping...was invaluable. I highly recommend this workshop to anyone who works with families. Not only will the course impact your practice, the continued conversation and materials she provides guarantees continued support in using the information and to keep up to date moving forward. Thank you Jeanette for depth of knowledge shared! Sabrina, IBCLC, Nurture By Nature Holistic Lactation

What a great experience to have such a variety of pumps and flanges...all in one place! Jeanette was knowledgeable, relatable and FUNNY. She had personal experiences to share as well as many videos and brought in clients to demonstrate techniques for flange fitting in real time with real people using tools we saw and were able to learn about then and there. Jeanette was an interactive speaker and invited participation from the group...I liked that she discussed anecdotal as well as evidenced-based evidence for information she shared. I highly recommend this super fun and informative seminar, especially as we have more in person options available compared to the online world we had a few years ago. Jessica Simpson, M.S, CCC-SLP, IBCLC

I went from pumping just enough for the next feeding which left me completely stressed and overwhelmed to being jubilant and able to pump more than enough after a flange fitting / consult with Jeanette. My comfort also improved. I was using the standard 21 flange and went down to 13 and 15. Flange fitting was life altering for me and allowed me to see how much my newborn was eating. I ultimately went back to full time breastfeeding with needing to pump only while away. I'd recommend it for anyone needing to pump even if you're just doing it once a week, it's so beneficial. I think women tend to ignore their feeling and think this must be normal if we're in pain but it's not normal and we need more women like Jeanette to advocate for our comfort and sanity! Lisa, mother

My goodness! The flange fitting with Jeanette changed from me absolutely hating pumping - to me loving it. Comfort went from extremely uncomfortable to max comfort, milk yield was tremendously more (also my second kid) although with the same baby, I was pumping and not yielding too much until the new flange fitting. I was using a 24mm and the best fit was about a 17mm. I used an insert for a little bit but it was not as much of an increase in yield as it was for the hard plastic. In the beginning of our appointment, Jeanette offered the fitting and I am eternally grateful for that suggestion. It changed my view and willingness to pump. I am now hoping to advocate to other pumping parents to always get a flange fitting. TLM, mother

Having a flange fitting was great finding the one that was most comfortable and was most efficient. There were very subtle differences between even just 1mm and once we found the right one it made me so much more confident that I could maximize my pumping sessions without compromising comfort. I was using 21mm and was then fitted to 15mm. The new size made me so much more confident when I was pumping. I was exclusively breastfeeding and really only pumping 3-4x per week to give my baby a bottle but once I went back to work and pumping more regularly, it made me more comfortable knowing I was getting the maximum amount of milk with the right flange size. It was great! Loved trying all the different ones to really see which was best. Callie, mother