

ready. set. teleconsult!



For parents

must haves

- **Phone, tablet, or computer** (sufficiently charged or a charge cord within reach)
- **Internet or sufficient data connection**
Not sure if you have enough bandwidth? Visit a speed test website or app like speedtest.net to check. If your results show at least 1.2 Mbps upload and download, you should be ok.
- **Seat that is comfy** for nursing or pumping
- **Baby** (or babies)
- **Notepad and pen** (or other way to take notes)
- **Timeline of feedings** as well as pees/poops (if available)
- **List of previous weights** (if available)
- **Any tools that you are using to breastfeed**, like a shield, SNS, bottle/cup
- **List of questions**

nice to haves

- **Smartphone, tablet, or computer with a webcam**
- **Way to prop device that allows for hands free viewing** (so you can see the consultant and the consultant can see you)
- **Hard wired internet connection** to avoid drops or lags
- **Well lit area** (try to avoid backlighting - avoid sitting with your back to a bright window)
- **Quiet area, free of distractions** (if possible! We understand that you may have older children that need your attention)
- **Comfortable seat with water and snacks** within arms reach
- **Pump, nursing pillow**, within arms reach (if you use them)
- **If baby is being supplemented**, have milk and bottle/cup within reach
- **Partner and/or other helper** (1-2 additional people)