



MICHELLE LINGENFELTER,  
CPNP, APRN, IBCLC

Michelle has been providing children with quality healthcare as a member of the CCH team for almost a decade, working first as a Certified Pediatric Nurse Practitioner, and then adding to her professional credentials and CCH responsibilities by becoming an International Board Certified Lactation Consultant.



MELISSA FOLSOM,  
MPA, IBCLC, ILCE

Melissa has spent the last 11 years helping new mothers and their babies by teaching the techniques and advantages of breastfeeding. An International Board Certified Lactation Consultant, her interest in helping families with babies has also included work as a certified Lamaze childbirth educator, a DONA-certified doula, and a perinatal educator.



*All about the Health of your Child*

## All About Breastfeeding



*All about the Health of your Child*

8201 Northwoods Drive, Lincoln, NE 68505  
3901 Pine Lake Road, Suite 210, Lincoln, NE 68516  
3262 Salt Creek Circle, Lincoln, NE 68504

Phone: 402-465-5600  
Fax: 402-327-6074  
[www.completechildrenshealth.com](http://www.completechildrenshealth.com)



## Lactation Consulting & Breastfeeding Classes

As part of our commitment to encourage and promote breastfeeding in our community, COMPLETE Children's Health offers a wide variety of services to help new mothers and their babies get every benefit from nursing.

- **Personalized Lactation Consultations**

Our team includes **Michelle Lingenfelter**, Nurse Practitioner and International Board Certified Lactation Consultant; and **Melissa Folsom**, International Board Certified Lactation Consultant.

- **Breastfeeding Classes**

COMPLETE Children's Health offers classes to cover the basics of breastfeeding and will show you how to get off to a great start. These two-week sessions meet from 6:00 to 8:30 p.m. at 8201 Northwoods Drive. Cost of the class is \$20.00.

- **Weekly Support Group**

Join a specially trained member of our staff and other mothers in supporting each other and breastfeeding. The support group will meet at our South location, 3901 Pine Lake Road suite 216 (conference room in the facility) on Wednesday mornings from 10:00 am to 11:00 am .

- **Medela® Authorized Dealer**

COMPLETE Children's Health now offers our families a full line of Medela® products, including Pump In Style® breastpumps. Our breastfeeding team can help you determine the pump and products that are right for you. **Products can be purchased at all locations or through our website.**

**Call 402-465-5600**

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