



# FREEMAN LACTATION SERVICES

[Home](#) | [About Your Coach](#) | [New Parents](#) | [Expectant Parents](#) | [Dads And Grandparents](#) | [Health Care Providers](#) | [Inspiration](#) | [Contact](#)

## About Your Coach

---

Each mother is unique, each baby is unique, and each nursing relationship is unique. That's why I tailor my approach for each family I work with.

With timely support and some practical tips, you can achieve the breastfeeding relationship you desire. As one mother put it, "Our daughter is now 15 weeks old and nursing beautifully. There were days when I didn't think we would get here, but we did with Cindi's help."

### Meet Cindi



Having my first baby welcomed me into the world of breastfeeding. When breastfeeding didn't go well with my older daughter, I was fortunate enough to receive help and support. Through that experience, I became passionate about helping other families get started with breastfeeding.

Since 1994, I've been involved with this exciting work—first as a La Leche League leader (1994-2005), then as volunteer lactation specialist at WakeMed Raleigh (2002-2006), and now as an independent, board-certified lactation consultant working from my home office in Cary, NC.

I've lived in the Raleigh area for 20 years. My husband, Joel, and I have two children. When I'm not helping breastfeeding families, I am at the barn with our two horses or taking care of our foster puppies.

## My Background & Education

---

- ▶ Certified as an IBCLC (International Board Certified Lactation Consultant), 2002
- ▶ B.A.in International Studies, 1983
- ▶ Member, International Lactation Consultant Association since 2002
- ▶ Speaker, La Leche League Area Conferences

## Testimonial

*"Of the two lactation consultants and two nurses that worked with us on breastfeeding, Cindi was the most positive. I can't express how important that was for me—she let me drop my defenses about doing it 'right' and restored my self-confidence."*

- Lucy