

Katie Mughan

Nursing Mama



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Katie Mughan is one of Ireland's best-known and most trusted breastfeeding experts and award-winning lactation consultants. As an experienced General, Paediatric and Public Health Nurse for over 20 years, Katie is passionate about empowering parents on all aspects of infant feeding and newborn care.

During her time as a public health nurse, Katie saw how many mothers struggled with breastfeeding and were left feeling confused and overwhelmed by conflicting information given by different health care professionals. Katie saw a demand for better antenatal education and so Nursing Mama was established.

It started with a Breastfeeding Preparation Class and has grown to include a range of live and pre-recorded classes available world-wide. Katie also offers online and in person consultations and attends corporate functions and media appearances as an expert speaker.

Katie found the peer support through ACORNS brilliant. She credits the programme with giving her the knowledge on the basics of running a business and helping her to focus on where she wants to take the business over the next few years.

Nursing Mama is looking at a bright and prosperous future and is moving from being a sole trader to a limited company in September 2023. A new class is being launched to the pre-recorded class bundle as well as our first product will be launching in time for the Pregnancy & Baby fair 2023.

Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.



An Roinn Talmhaíochta,
Bia agus Mara
Department of Agriculture,
Food and the Marine