

# OBERLIN ROAD PEDIATRICS BREASTFEEDING RESOURCES

## Wake County

### 1. Nursing Mothers of Raleigh

*Community volunteer breastfeeding support group*

**OFFERS:** Free monthly meetings (babies and children welcome), free telephone consultation, couples meetings, email answers to questions.

[www.nursingmothersofraleigh.org](http://www.nursingmothersofraleigh.org)

### 2. LaLeche League

*Community volunteer breastfeeding support group*

**OFFERS:** Monthly meetings (babies and children welcome) and telephone support for expectant or breastfeeding mothers and babies.

Triangle information line: 919-755-6400

[www.lalecheleague.org](http://www.lalecheleague.org)

Link to find LaLeche League Groups statewide ([www.llofnc.org/LocalGroups](http://www.llofnc.org/LocalGroups))

### 3. Rex Lactation Services

(Located in the Family Birth Center)

**OFFERS:** Monthly prenatal breastfeeding classes for a fee in Cary and at the Rex main campus. Free monthly “Working and Breastfeeding” classes.

Rex Hospital Lactation Services and Lactation Store: 919-784-3224

### 4. WakeMed Health and Hospitals

**OFFERS:** Prenatal breastfeeding classes for a fee. Telephone support for any women interested in breastfeeding.

Lactation Services: 919-350-5742

Prenatal Classes: 919-350-8235

Rents and sells equipment in gift shop: 919-350-7036

[www.wakemed.org](http://www.wakemed.org)

5. Women's Birth & Wellness Center

Breastfeeding classes, one-on-one lactation consultations, hospital grade pump rentals, bras and breastfeeding supplies.

In-network with most insurance plans, Tricare and Medicaid.

930 Martin Luther King, Jr. Blvd.

Suite 202

Chapel Hill, NC

919-933-3301

<https://ncbirthcenter.org>

6. WakeMed Mothers' Milk Bank

**OFFERS:** Services for mothers interested in donating and receiving pumped breast milk: 919-350-8599

7. WIC-Women, Infants and Children

**OFFERS:** Nutrition education, counseling and support for families and children under 5 yrs who qualify for financial assistance. WIC supplies breastfeeding supplies and support, infant formula, and vitamins for those in Wake County who qualify.

Wake County WIC: 919-250-4720, [www.nutritionnc.com](http://www.nutritionnc.com)

8. Nature's Nutrition

**OFFERS:** Certified lactation consultant who does home visits for a fee. Rents and sells equipment and supplies. *Kim Abshire, RN, IBCLC*

919-971-8937 (office) [www.naturesnutritiononline.com](http://www.naturesnutritiononline.com)

9. Babies and Beyond (Triangle Area and some of Johnston County)

**OFFERS:** Postpartum home care "Doula Services" for the family for a fee.

Overnight and day home care available. Breastfeeding supports, light housework, mother care, sleep learning, and infant massage.

Shelly Gott, CPD, CIMI: 919-830-0899, [www.babiesandbeyond.org](http://www.babiesandbeyond.org).

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## Johnston County

1. Amber Newcomb, RN, IBCLC

**OFFERS: Certified breastfeeding Educator, RN**

Information, breastfeeding classes, breastfeeding support.

Consults in home or hospital, Smithfield, NC:

919-631-9947 – cell /919-938-7800 – work919-938-7574 – office

[anewcomb@johnstonhealth.org](mailto:anewcomb@johnstonhealth.org)

2. Johnston County WIC

919-989-5255

[www.nutritionnc.com](http://www.nutritionnc.com)

Some of this information was shared with us by Jeffers, Mann and Artman Pediatrics. All information gathered with permission from Triangle Breastfeeding Alliance. [www.nctba.org/resources](http://www.nctba.org/resources). More resources found on [www.qipmilk.org](http://www.qipmilk.org). Click on NC.