

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

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

Link to find LaLeche League Groups statewide (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

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

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

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.

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

2. Johnston County WIC

919-989-5255

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. More resources found on www.qipmilk.org. Click on NC.