



## Breastfeeding is going well when:



☺ Baby nurses frequently, on cue (mouth movements, rooting, hand to mouth), averaging 8-12 times in a 24 hour period

☺ You hear your baby swallowing

☺ Baby passes at least 1-2 black sticky stools in the first day or two. By day 5,

baby will have 3 or more yellow seedy loose stools per day.

☺ Baby has at least 1-2 wet diapers a day for the first few days and has at least 5-6 wet diapers in 24 hours by day 5

☺ Baby is content between feedings

☺ Mom and your baby are comfortable throughout the feeding.

☺ It is normal for babies to lose weight in the first 2-3 days.

☺ Baby should be back at birth weight by 10-14 days of age.

Please remember that mothers and babies are different. Some babies want to nurse more frequently than others. Babies may also want to

nurse frequently during **growth spurts**. **Growth spurts** may occur at 5-7 days, 2-3 weeks and 4-6 weeks

If you have any concerns about breastfeeding, please reach out to one of the many specialists available to help.



## Private Practice Lactation Specialists

For a fee, these especially trained specialists will provide home visits, phone consultations and expert care. The IBCLC designation stands for "International Board Certified Lactation Consultant"

- ◆ *Angel Food Lactation and Nutrition, LLC:*  
Lindsey Reeves Hurd, MS, RD, LDN, IBCLC  
919-801-5445  
[www.angelfoodlactationandnutrition.com](http://www.angelfoodlactationandnutrition.com)
- ◆ *Bella Said, CLC* 919-819-6207  
Milk and Honey Lactation Counseling
- ◆ *Rachael Birkenhauer, CLC* 614-717-8487  
Lactation Counseling Services
- ◆ *Tori Sproat, IBCLC* 910-463-2662  
serving Jacksonville: <http://tinytummieslc.com/>
- ◆ *Julia Pindell* 910-791-2853

## New Hanover Regional Medical Center Hospital Lactation Consultants

Mom's Milk Club meetings every Monday at 11:00 am and first Sunday of every month at 11:00 am

910-667-5192 (office) 910-667-3933 (cell)

## Novant Health Brunswick Medical Center

Breastfeeding classes available every 3rd Tuesday at 6:30. Call to register

Belinda Phillips, RN, BSN, IBCLC Lactation Coordinator  
910-721-4050 (office) 704-322-8474 (cell)

## Naval Hospital, Camp Lejeune (military families only)

Linda L. Bubeck, IBCLC 843-495-0554

## Onslow Memorial Hospital

Lactation Office 910-577-2325

## WIC Breastfeeding Support:

For mothers who qualify, the Women, Infants and Children program provides excellent breastfeeding support, classes and has electric breast pumps available for loan. All programs have Breastfeeding Peer Counselors.

- New Hanover (Norma Escobar): 910-798-6542
- Pender (Maureen Hubbard) 910-259-1294
- Brunswick (Brooke Rhyne): 910-253-2878
- Onslow: 910-989-3954
- Columbus: (Donna LaSane) 910-641-3904
- Duplin County (Alejandra Lopez-Nunez): 910-296-2130
- Duplin Breastfeeding Warm Line: 910-289-1760  
(Duplin Warm Line serves non-WIC clients as well)

## La Leche League:

This volunteer mother-to-mother support organization provides monthly meetings in Wilmington. Leland and Jacksonville as well as FREE phone support.

For more help or information including meeting times and locations go to [www.llofnc.org](http://www.llofnc.org) or call: LLL of Wilmington  
Warmline at: 910-375-9555



In Brunswick County, call **Natalie** 910-352-7292

Or **Margaret** 910-520-3331

In Onslow County, LLL of Jacksonville Warmline: 910-378-9877

## Wilmington Breastfeeding USA:

Group meetings are on hold for now, but help by trained counselors is available by phone, facebook, texts. Contact Jess at 910-777-3431





### Questions about Medications while Breastfeeding?



Questions about breastfeeding and medications can be answered by calling the infant risk line at

**806-352-2519**

### Breastfeeding Classes:

New Hanover County Health Department  
910-662-9420

Angel Food Lactation and Nutrition, LLC:  
919-801-5445  
www.angelfoodlactationandnutrition.com

Lactation Counseling Services  
614-717-8487

### Port City Breastfeeding Project:

Are you a parent interested in getting involved with promotion and advocacy efforts? Contact the Port City Breastfeeding Project on Facebook for volunteer opportunities.



### National Help Lines:

La Leche League: **1-877-4-La Leche (525324)**

National Women's Health Information Center:

**1-800-994-9662**

### Equipment Sales, Rentals (other than WIC):

**The Bump and Beyond** 890 Kerr Ave, Wilmington, NC 910-769-6443

**Johnson Home Medical** 8207 Market Street, Wilmington, NC 910-686-2988

**Johnson Drug Company**, 714 New Bridge St., Jacksonville, NC 28540 910-347-5185

**Johnson Home Medical-** 1727 S. Madison Street, Ste. 13 Whiteville, NC 910-642-0192

### Post-Partum Doula Services:

Need an extra hand with positioning and latch or just need someone to do laundry or run errands?

**Seaside Doula** 910-338-6112

<http://www.seasidedoula.com/>

**Wilmington Coastal Doulas** 910.707.4507  
[www.wcdoulas.com](http://www.wcdoulas.com)

### Helpful Internet Resources:

www.bfmed.org

www.kellymom.com

www.llofnc.org

Download the free **Coffective App** on your smartphone for help getting a good start with baby!

### For more information or to join the Tri-County Breastfeeding Coalition:

Lindsey Hurd, MS, RD, LDN, IBCLC  
919-801-5445

angelfoodnutrition@gmail.com

We are also on

**facebook**



### Local Breastfeeding Resources



**Our mission is to promote and support breastfeeding as the norm for moms and babies in New Hanover, Pender, and Brunswick Counties**

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