



## 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 office and home visits, phone consultations and expert care. The IBCLC® designation stands for "International Board Certified Lactation Consultant ®"

- ◆ Rachael Birkenhauer, IBCLC 614-717-8487  
[www.Lactationcounselingservices.com](http://www.Lactationcounselingservices.com)
- ◆ Natalie Ward, IBCLC and Megan Guthmann, IBCLC  
[www.themilkymermaid.com/](http://www.themilkymermaid.com/) 919-210-8846
- ◆ Bella Said, CLC 919-819-6207  
Milk and Honey Lactation Counseling
- ◆ Julia Pindell 910-791-2853
- ◆ Stephanie Luther, RN, CLC and Kirsten Lovan  
CLC . [www.portcitydoula.com](http://www.portcitydoula.com) 910-294-3284

## 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 5:30. Call to register  
Belinda Phillips, RN, BSN, IBCLC Lactation Coordinator  
910-721-4050 (office) 704-322-8474 (cell)

## Onslow Memorial Hospital

Lactation Office 910-577-2325

## Wilmington Health

Offering lactation assessments with Kristy Harley, RN, IBCLC to patients at the Monkey Junction and North Chase offices. Call for appointment 910-362-3419

## Pediatric Center

Offering lactation assessments with Brittany Bradshaw, RN, CLC to their patients at their offices on Glen Meade Rd. Call for appointment 910-762-2651

## WIC Breastfeeding Support:

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

- New Hanover (Norma Escobar): 910-798-6542
- Pender (Maureen Hubbard) 910-259-1294
- Brunswick: 910-253-2878
- Onslow: 910-989-3954
- Columbus: (Donna LaSane) 910-641-3904
- Duplin County (Shannon Brewer): 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, Hampstead and Jacksonville as well as FREE phone support. For more help or information including meeting times and locations go to Facebook or [www.lllofnc.org](http://www.lllofnc.org) or call: LLL of [Wilmington](http://www.lllofnc.org)  
Warmline at: 910-375-9555

In [Brunswick County](http://www.lllofnc.org), call Margaret 910-520-3331

In [Pender County](http://www.lllofnc.org), call Sarah at 512-589-1476

In [Onslow County](http://www.lllofnc.org), LLL of Jacksonville  
Warmline: 910-378-9877



## Wilmington Breastfeeding USA:

Pine Valley Library in Wilmington—Third Saturday each month. Meetings are 10:00-11:15 am. Call 910-679-6426, [natalie.ward@breastfeedingusa.org](mailto:natalie.ward@breastfeedingusa.org) , [Stephanie.luther@breastfeedingusa.org](mailto:Stephanie.luther@breastfeedingusa.org) or see Facebook for more information.





### Questions about Medications while Breastfeeding?



Questions about breastfeeding and medications can be answered by calling the infant risk line at **806-352-2519**

### Prenatal Breastfeeding Classes:

New Hanover County Health Department  
910-798-6542  
Lactation Counseling Services  
614-717-8487  
*The Milky Mermaid*  
919-210-8846  
[www.themilkymermaid.com](http://www.themilkymermaid.com)

### 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. Check out their event calendar too for a listing of all breastfeeding activities in the community.



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

### Chocolate Milk-Wilmington:

Are you an African-American parent? This group meets the second Tuesday of the month and has an active Facebook presence! Call Olivia for more information: 808-634-2532

### 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** 4712 New Centre Dr Unit # 106, 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

**The Milky Mermaid** 919-210-8846  
[www.themilkymermaid.com](http://www.themilkymermaid.com) Will deliver to you!

### 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](http://www.bfmed.org)

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

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

<https://firstdroplets.com/>

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

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

Norma O. Escobar, IBCLC, RLC  
910-798-6542  
[nescobar@nhcgov.com](mailto:nescobar@nhcgov.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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