



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
- ◆ Natalie Ward, IBCLC and Megan Guthmann, IBCLC
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 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. Breastfeeding Café meetings every Wednesday from 10-12 at the Novant Cafeteria classroom—NEW!

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** or call: LLL of Wilmington
Warmline at:
910-375-9555

In Brunswick County, call **Margaret** 910-520-3331

In Pender County, call **Emily** at 910-547-8498

In Onslow County, 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 , 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

New! Other parent education: www.healthimpacts.com/hfhb/

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.

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 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

Helpful Internet Resources:

- www.bfmed.org
www.kellymom.com
www.llofnc.org
https://firstdroplets.com/
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:

Norma O. Escobar, IBCLC, RLC 910-798-6542 nescobar@nhcgov.com We are also on



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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