



Breastfeeding is going well

☺ 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.themilkymaid.com/

910-262-1722

New Hanover Regional Medical Center Hospital Lactation Consultants

Virtual prenatal breastfeeding classes now available! [For more information click HERE](#)
Mom's Milk Club meetings every Monday at 11:00 am via Zoom: Meeting ID 295 507 3970

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

Novant Health Brunswick Medical Center Lactation

Virtual Breastfeeding classes available. Please register via the [Novant Health Online Calendar](#).

[Breastfeeding Café meetings are virtual –NEW!](#)
[Click here to see Novant's online calendar](#)

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

Providers evaluating/treating tethered oral tissues:

◆ Cape Fear Smiles *Bilingual Staff

Norma Cortez DDS at 910-763-0931

<https://www.capefearsmiles.com/>

◆ Sarah Pless, DDS

7205 Wrightsville Ave. Ste. 105

910-727-9888 <https://www.plessdds.com/>

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 (Melanie Boullion) 910-259-1294

Brunswick: (Maureen Hubbard) 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.com/LaLecheLeagueofWilmingtonNC](https://www.facebook.com/LaLecheLeagueofWilmingtonNC) 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



All groups and classes are now virtual - call for information

Wilmington Breastfeeding USA:

Third Saturday each month. Meetings are 10:00-11:15 am. Email natalie.ward@breastfeedingusa.org or see <https://www.facebook.com/wilmingtonbfusa> 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
www.infantrisk.com/

Other Breastfeeding Classes:

All groups and classes are now virtual - call for information

Lactation Counseling Services
614-717-8487
The Milky Mermaid
910-262-1722
www.themilkymermaid.com

Other parent education:

www.jessahlum.com
<https://www.readysetchildonline.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.

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):

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 910-262-1722
www.themilkymermaid.com Symphony pumps,
accessories and scales available. Contactless curb side
pick up available!

The Woman's Place 910-833-5044
109 Pier Master Point, Suite 130 Wilmington NC 28412
Classes, pump rentals/sales, maternity, breastfeeding,
baby clothing,
<https://womansplacenc.com/>

Post-Partum Doula Services:

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

Port City Urban Doulas
<https://www.facebook.com/PCUDC/>

Seaside Doula 910-338-6112
<http://www.seasidedoula.com/>

Wilmington Coastal Doulas 910.707.4507
www.wcdoulas.com

Under the Same Moon 910-352-7292
<https://www.underthesamemoondoula.com/>

Cape Fear Area Doulas
<http://capefearareadoulas.org/>

Helpful Internet Resources:

www.bfmed.org
www.kellymom.com

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 at

<https://www.facebook.com/TriCountyBF>

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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