



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"

- ◆ *Natalie Ward, IBCLC and Megan Guthmann, IBCLC*
www.themilkymermaid.com/ 919-210-8846
- ◆ *Rachael Birkenhauer, CLC* 614-717-8487
Lactation Counseling Services
- ◆ *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
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 910.772.0372

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.llofnc.org or call: LLL of Wilmington
Warmline at: 910-375-9555

In Brunswick County, call **Margaret** 910-520-3331 or **Natalie** 910-352-7292

In Pender County, call **Sarah** at 512-589-1476

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



Wilmington Breastfeeding USA:

North East Library in Wilmington—Third Saturday each month. Meetings are 10:00-11:15 am. Call **Natalie** 910-679-6426 natalie.ward@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

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

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.

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

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, Reeves 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