



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
www.Lactationcounselingservices.com
614-717-8487
- ◆ Natalie Ward, IBCLC
www.themilkymermaid.com/
910-262-1722
- ◆ Alicia Corey, IBCLC serving Onslow County
<https://bosombabieslactation.com/>
910-408-2257

Novant–New Hanover Regional Medical Center Hospital Lactation Consultants

Virtual prenatal breastfeeding classes now available! Visit the hospital website for info. 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.

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

Onslow Memorial Hospital

Lactation Office 910-577-2325

Navy Marine Corps Relief Society serving military families doing free home visits in Onslow Co. with new babies/toddlers. All providers are RN's and CLC's and offer weight checks and lactation support.
910-451-5346

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, NP, 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 (Brittany Heath): 910-296-2130

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 Instagram or call: LLL of Wilmington



Warmline 910-375-9555

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

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



Wilmington Breastfeeding USA:

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:

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

Other parent education:

www.jessahlum.com
<https://www.readyssetbabyonline.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, [Friday free support groups!](https://womansplacenc.com/)
<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
<https://firstdroplets.com/>
Download the free **Collective 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 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

May 13, 2022