

Where Can I Get Help?

You may get help from:

- † your or your baby's healthcare provider.
- † the hospital where you deliver.
- † the Women, Infants and Children Special Supplemental Nutrition Program (WIC).
- † private practice lactation consultants.
- † community breastfeeding support groups.
- † internet websites.

Local Resources

Central Carolina Hospital of Sanford
919-777-7041

Duke University
919-416-DUKE (3853)

La Leche League Helpline*
1-877-452-5324

NC Family Health Resource Line*
1-800-FOR-BABY, 1-800-367-2229

NC Women's Hospital
Breastfeeding Warmline
919-966-4148

For Classes: 919-843-1759

Nursing Mothers of Raleigh
919-847-4903

REX Healthcare
919-784-3224
For Classes: 919-784-4490

Wake County Human Services
WIC Breastfeeding Line*
919-250-4720, Extension 6

WakeMed Health and Hospitals
919-350-8599 (Raleigh) or
919-350-2538 (Cary)

National Women's Health
Information Center*
1-800-994-9662
TDD 1-888-220-5446

** Available in Spanish and English.*

Internet Resources

www.4women.gov/breastfeeding
www.lalecheleague.org
www.mombaby.org
www.nursingmothersofraleigh.org
www.promom.org
www.usbreastfeeding.org
www.sph.unc.edu/breastfeeding

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Breastfeeding



How To Get Started

What To Expect

How To Know My Baby Is Getting Enough

Balancing Work/School With Breastfeeding

Where To Get Help



Wake AHEC
Educating present and future healthcare providers
Part of the North Carolina AHEC Program

Carolina Breastfeeding Institute



--Supporting the Mother/Child Dyad--
University of North Carolina



