

Triangle Area Breastfeeding Resources

Resources are listed in alphabetical order

Carolina Pediatric Dysphasia Clinic

1110 Navaho Drive, Suite 103, Raleigh, NC 27609

Offers:In-office feeding consults for a fee (Medicaid accepted) by a speech pathologist with expertise in analyzing sucking/swallowing problems to assist breastfeeding babies

Joan Comrie: 919-877-9800, ext. 114

Chatham County Community Breastfeeding Resources (See section on page 4)

Close to the Heart, Durham, NC

Offers: In-home and office consultation, infant massage, CranioSacral therapy and Lymph Drainage therapy for a fee

Rents: Infant scales and Medela hospital-grade electric breast pumps

Sells: Nursing pillows and Medela Pump-In-Style breast pumps

Rosemary Kolasa, RD, MPH, IBCLC, CIMI, CST: 919-477-6535

Duke University Medical Center

Offers: Breastfeeding classes three times each month at Teer House and Southpoint Clinic sites, for a fee. Postnatal support group "Motherhood: The New Reality Show" for mothers and babies twice each month, no fee.

Class registration: 919 416-DUKE

**Outpatient lactation consults via Children's Primary Care Outpatient Services:
919-620-5374**

Rents: Medela Lactina breast pumps through the Bouncing Ball Gift Shop

Sells: Breast pumps and breastfeeding supplies

Gift shop Children's Health Center: 919-668-4112

Inpatient lactation services: 919-681-4234

Durham OB/GYN, North Duke Street location

Offers: Monthly breastfeeding classes for a fee, available to the public.

Teresa Hobbs, RN, IBCLC: 919-477-1813, email: milkmom40@aol.com

Durham Regional Hospital (Duke University Health System)

Offers: Breastfeeding classes three times each month at Teer House and Southpoint Clinic sites for a fee. Postnatal support group "Motherhood: The New Reality Show" for mothers and babies twice each month, no fee.

Class registration: 919 416-DUKE Inpatient Lactation Services: 919 470-8463

Outpatient lactation consults: Children's Primary Care Outpatient Services: 919-620-5374

Freeman Lactation Services, LLC

Offers:In-home consultations by a certified lactation consultant for a fee

Cindi Freeman, RLC, IBCLC: 919-468-3249 (office)

La Leche League (community volunteer breastfeeding support group)

Offers: Monthly meetings (babies and children welcome) and telephone support for expectant or breastfeeding mothers and babies

Triangle information line: 919-755-6400 www.lalecheleague.org

Lee County Community Breastfeeding Resources (See section starting on page 4)**NC Women's Hospital, UNC Healthcare**

Offers: Prenatal breastfeeding classes for a fee, a breastfeeding warmline for telephone support, out-patient consultations in clinics for a fee

NC Women's & Children's Hospitals Lactation Services:

Breastfeeding Warmline and office 919-966-4148 and pager: 919-347-0880

Nature's Nutrition, Inc. Comprehensive Lactation Services

Offers: In-home consultations for a fee by a certified lactation consultant and former ICN nurse

Rents: Ameda-Hollister and Medela hospital-grade breast pumps; Infant scales sensitive enough for pre and post feed weights

Sells: Ameda-Hollister Purely Yours pumps, Medela Pump In Style, pillows, bras and other accessories

Kim Abshire, RN, IBCLC: 919-556-7159 (office), 919-971-8937 (cell)

www.naturesnutritiononline.com

Nursing Mothers of Raleigh (community volunteer breastfeeding support group)

Offers: Free monthly meetings (babies and children welcome) and telephone support for any women interested in breastfeeding, couples meetings, email answers to questions available via the website www.nursingmothersofraleigh.org

Rents: Ameda-Hollister hospital-grade breast pumps

Sells: Ameda-Hollister One-Hand and Purely Yours electric pumps, Nurture III (Bailey Medical) pumps, hydrogel dressings and other accessories

Wendy Pase 919-859-5401, Kelly Hall 919-266-3416, Robyn Stady 919-380-1580,

Jean Farrell 847-5147, Mary Overfield 919-847-4903, Elaina Lee 919-572-6674

Pam Freedman Breast Pump Rental and Sales, Chapel Hill, NC

Offers: Rental and sales of breast pumps and accessories

Rents: Ameda-Hollister Elite breast pumps and Medela Classic, Lactina & Symphony pumps

Sells: Ameda-Hollister breast pumps and accessories, Medela pumps and accessories

Pam Freedman: 919-932-6885

Perinatal Outreach Education Trainer (POET), Wake Area Health Education Center (AHEC), Raleigh, NC

Offers: Educational services/conferences to healthcare providers working with perinatal families in areas of childbirth, lactation, postpartum, and infant care. Services include self-study, didactic conferences, individual consultations and referrals. Website: www.wakeahec.org

Diane Yelverton, MS, RNC: 919-350-5911 (phone), 919-350-7963(fax),

dyelverton@wakemed.org (email)

Rex Lactation Station (in the Family Birth Center at Rex Healthcare)

Offers: Outpatient consultations for a fee

Monthly prenatal breastfeeding classes for a fee

Free monthly *Working and Breastfeeding* classes

Telephone support for any women interested in breastfeeding

Rents: Ameda-Hollister and Medela hospital-grade breast pumps (including Lactina, Classic, and Symphony pumps)

Infant scales for pre and post feed weights

Sells: Ameda-Hollister Purely Yours pumps, Medela Pump In Style pumps, Nurture III pumps, Avent Isis pumps, replacement parts for breast pumps, nursing bras in sizes 32B-46H, pillows, hydrogel dressings and other accessories

919-784-3224 or 919-784-3203

Triangle Lactation Consultants

Offers: In home consultations by a certified lactation consultant for a fee

Rents: Medela and Ameda-Hollister hospital grade breast pumps. Infant scales for pre and post feed weights

Sells: Medela Pump in Style, Harmony, twin and single nursing pillows, nursing bras, replacement parts for pumps, accessories

Ann Conlon-Smith, IBCLC: 919-845-8826 (office), 919-389-1599 (cell)

www.trianglelactation.com

UNC Family Practice Center

Offers: Lactation consultation services and home visits within a 20-minute radius of the Center for a fee. Telephone advice free

Ellen Chetwynd, RN, IBCLC: (919) 966-2109, Email chetwynd@med.unc.edu

Wake County WIC Program

Breastfeeding classes: Wednesdays - 1:30 PM for infant feeding options, 2:30 PM for breastfeeding management, 3:30 PM for mothers going to work/school and introduction of solid foods for the breastfed infant. Corresponding Spanish classes are at 9:30, 10:30 and 11:30AM on Thursdays. Class participants should go first to the WIC office to check in. Call 250-4724 to confirm days and times.

In-Home Breastfeeding Support Service: In-home visits Monday-Friday 9 AM-4 PM referral preferred for Wake Co WIC mothers experiencing difficulties with breastfeeding. See referral information below.

Pumps: Limited number of electric pumps for loan to Wake County WIC mothers with infants in an Intensive Care Nursery or with high-risk conditions/situations that separate the infant from the mother, subject to availability & approval; faxed referral is preferred (do not send with the referral via the mother). Limited number of hand pumps for Wake County WIC mothers going to school or work, subject to availability and approval.

Referrals: Fax **Jam Gourley or Vivien Omile: 919-212-7558. If fax is unavailable, phone Vivien Omile: 919-250-4748 or Jam Gourley: 919-212-9200**
Referral forms are available by calling these same numbers.

WakeMed Health and Hospitals

Offers: Prenatal breastfeeding classes for a fee at Raleigh, Cary and North Healthplex locations
Hospital outpatient consultations (the first visit is free to mothers who delivered at WakeMed Raleigh or WakeMed Cary; others can be seen for a fee)
Telephone support for any women interested in breastfeeding

Mothers' Milk Bank accepts donations of milk from screened donors, processes and, dispenses it with a prescription from a physician, provides donor human milk for a processing fee

Rents: None, but Ameda-Hollister hospital-grade pumps are provided free for mothers while their babies are patients in the WakeMed Intensive Care Nursery

Sells: In the gift shop only - Ameda-Hollister One-Hand and Purely Yours pumps, Medela Pump In Style pumps, pillows and other accessories **Gift Shop: 919-350-7036**

WakeMed Lactation Services and Mothers' Milk Bank: 919-350-8599 (office), 919-630-6456 (cell phone), Prenatal Classes: 919-350-8683

Wilson County Community Breastfeeding Resources (See page 5)

Chatham County Community Breastfeeding Resources

Chatham County Health Department

Loans: Medela hospital grade electric & foot pedal pumps to WIC clients
WIC Program: Siler City 919-742-5641, Moncure 919-542-1641

Chatham Lactation Services, Pittsboro/Chapel Hill, NC

Rents: Medela hospital grade pumps

Sells: Medela Pump In Style pumps & accessories; other pumps & accessories by order
Susan O'Hara-Brill, IBCLC: 919-423-8943

La Leche League of Chatham (community volunteer breastfeeding support group)

Offers: Monthly meetings (babies and children welcome) for any women interested in breastfeeding at 10 A.M. on the 3rd Tuesday of the month, at the Pittsboro United Methodist Church, 71 West Street, Pittsboro

Adrienne Berg, Leader: 919-933-1733

Lee County Community Breastfeeding Resources

American Home Health

Rents: Medela breast pumps
204 Independent Drive, Sanford, NC 27330
919-774-2385 or 800-959-8031

Central Carolina Hospital

Offers: Prenatal breastfeeding classes; hospital outpatient consultations (free - if delivered at CCH); monthly breastfeeding support group.

Teresa Roberts, RN, IBCLC: 919-777-7041 Prenatal Classes: 919-708-4602

Lee County Health Department**Loans:** Medela hospital grade electric & foot pedal pumps to WIC clients

106 Hillcrest Drive, Sanford, NC 27330

WIC Program: 919-718-4642**Quality Home Health****Rents:** Ameda breast pumps

106 Park Avenue, Sanford, NC 27330

919-775-2001 or 800-948-0667

Wilson County

Birthways and Baby Days**Rents:** Lactina and Classic Medela breast pumps**Sells:** Other pumps and parts and other breastfeeding devices

5990 Beaman Old Creek Road, Walstonburg, NC 27888

Victoria Brown, BS, IBCLC, CCE: 252-747-7785 or 252-714-5974**WilMed Home Medical Health Care Products****Rents:** Ameda hospital-grade pumps

1701 Medical Park Drive (behind Parkwood Mall)

252-399-7410