

**COMMUNITY BREASTFEEDING SUPPORT & LACTATION CONSULTANTS****Call your Pediatrician's office for Lactation assistance if needed**

Kim Abshire, RN, IBCLC	naturesnutritiononline.com	919-971-8937
Jessica Altemara, IBCLC	<a href="http://blissatbreast.com">blissatbreast.com</a>	919-260-7202
Karissa Binkley, IBCLC	Second Nature Lactation	919-961-9885
Ellen Chetwyn, RN ,PhD, IBCLC	Teachingbabiestonurse.com	919-480-8197
Ashley Garrison, RN, IBCLC	Whatever Works Lactation	919-229-9266
Brenna Harmon, RN, IBCLC	Everydroplactation.com	919-635-9572
Jennifer Majors, RN, IBCLC	Three Little Birds Lactation	919-276-0976
Cheryl Paige Patel, RN, IBCLC	<a href="mailto:LactationConsultants@gmail.com">LactationConsultants@gmail.com</a>	561-716-3405
Stephanie Petty, RN, IBCLC	Mother's Gift Lactation	919-924-5044
Ann Conlon-Smith, IBCLC	Trianglelactation.com	919-389-1599
Leslie Stern, CNM, RN, IBCLC	Beyond Birth Lactation	919-413-6484
Jan Tedder, FNP, IBCLC	Hugyourbaby.org	919-923-6609
Wendy Tharrington, RN, IBCLC	Get Latched	252-904-1305
Cary Lactation & Nutrition Specialist	www.carylactation.com	919-230-2739
Mom2Mom Global/Breastfeeding	mom2momglobal.org	910-401-3566

**FREE PHONE BREASTFEEDING SUPPORT**

UNC Women's Hospital Warm Line	UNC Chapel Hill	919-974-8078
La Leche League	<a href="http://www.LLofNC.org">www.LLofNC.org</a>	919-755-6400
La Leche League of Durham	<a href="https://llldurham.org/">https://llldurham.org/</a>	928-978-3805
NC WIC	<a href="http://www.nutrition.com/wic/benefits.htm">www.nutrition.com/wic/benefits.htm</a>	919-250-4720
Nursing Mothers of Raleigh	<a href="http://www.NursingMotherofRaleigh.org">www.NursingMotherofRaleigh.org</a>	919-847-4903
The National Breastfeeding Helpline		800-994-0662

**VIDEO SITES**

Global Health Media	www.globalhealthmedia.org	
Breastfeeding Medicine	bfmedneo.com	216-291-9210
Nancy Mohrbacher Natural Breastfeeding	youtube	630-336-9525
Stanford School of Medicine	www.newborn.stanford.edu	650-723-4118

## BREASTFEEDING RESOURCES

### BREASTFEEDING RESOURCES

Rex Pregnancy and Baby APP	Free download from app store	919-784-3340
SimpliFed Breastfeeding Education	<a href="https://www.simplifed.com">https://www.simplifed.com</a>	315-877-8755
Nurtured Nest Classes	<a href="https://nurturednest.org">https://nurturednest.org</a>	
Nancy Mohrbacher, IBCLC, FILCA	<a href="mailto:nancymohrbacher@gmail.com">nancymohrbacher@gmail.com</a>	630-336-9525
Dr. Jack Newman, MD	The International Breastfeeding Centre	416-498-0002
World Health Organization	<a href="http://www.who.int/topics/breastfeeding/en">www.who.int/topics/breastfeeding/en</a>	
La Leche League	<a href="http://www.lll.org">www.lll.org</a>	800-525-3243
Kelly Mom	KellyMom.com	
Academy of Breastfeeding Medicine	<a href="mailto:abm@bfmed.org">abm@bfmed.org</a>	800-990-4226
Carolina Breastfeeding Institute-UNC	<a href="mailto:cgbi@unc.edu">cgbi@unc.edu</a>	919-966-0458
Triangle Breastfeeding Alliance	<a href="http://trianglebreastfeedingalliance.org">trianglebreastfeedingalliance.org</a>	919-801-0580
N.C Breastfeeding Coalition	<a href="http://ncbfc.org">ncbfc.org</a>	
NCSU Lactation Program – April Fogelman	<a href="mailto:adpierce@ncsu.edu">adpierce@ncsu.edu</a>	919-513-2070
ROSE, Reaching our Sisters Everywhere	<a href="http://www.breastfeedingrose.org">www.breastfeedingrose.org</a>	404-719-4297
Soul Food for Your Baby	<a href="http://www.sosulfood4yourbaby.org">www.sosulfood4yourbaby.org</a>	323-596-0997
Mother To Baby Exposure Information	<a href="http://mothertobaby.org">mothertobaby.org</a>	866-626-6847
Infant Risk Center (about medications)	<a href="http://infantrisk.com">infantrisk.com</a>	806-352-2519

### TO DONATE OR PURCHASE BREASTMILK/HUMAN MILK

Wake Med Mother's Milk Bank	<a href="http://wakemed.org">wakemed.org</a>	919-350-8599
The King's Daughters Milk Bank at CHKD	<a href="http://www.chkd.org">www.chkd.org</a>	844-798-6455 or 757-668-6455

## Breast Pump Rental from UNC Rex Healthcare - 919-784-3224

\*\*Lactation Store is located on the first floor on the Women's Center\*\*

The store is open between the hours of **9am-3:00pm, Monday-Friday**.

Bring a valid **driver's license** and **credit card** to receive a signed rental contract.

### Breast Pump Rental Rates

**Medela Symphony** 2 weeks = \$40 1 month = \$80 Subsequent months = \$70

**Symphony Kit** \$69.93 (includes tax)

**Cleaning Fee** \$25 (If requires extra cleaning)