

OBERLIN ROAD PEDIATRICS BREASTFEEDING RESOURCES

Wake County

1. Nursing Mothers of Raleigh
Community volunteer breastfeeding support group
OFFERS: Free monthly meetings (babies and children welcome), free telephone consultation, couples meetings, email answers to questions.
www.nursingmothersofraleigh.org
2. LaLeche 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: 984-219-8808
Link to find LaLeche League Groups statewide (www.lllofnc.org/LocalGroups)
3. Rex Lactation Services
(Located in the Family Birth Center)
OFFERS: Monthly prenatal breastfeeding classes for a fee in Cary and at the Rex main campus. Free monthly “Working and Breastfeeding” classes.
Rex Hospital Lactation Services and Lactation Store: 919-784-3224
4. WakeMed Health and Hospitals
OFFERS: Prenatal breastfeeding classes for a fee. Telephone support for any women interested in breastfeeding.
Prenatal Classes: 919-350-8235
Rents and sells equipment in gift shop: 919-350-7036
<https://www.wakemed.org/care-and-services/womens/pregnancy-and-childbirth/support-for-new-parents/breastfeeding-support-group>
5. WakeMed Mothers’ Milk Bank
OFFERS: Services for mothers interested in donating and receiving pumped breast milk
919-350-8599
6. WIC-Women, Infants and Children
OFFERS: Nutrition education, counseling and support for families and children under 5 yrs who qualify for financial assistance. WIC supplies breastfeeding supplies and support, infant formula, and vitamins for those in Wake County who qualify.
Wake County WIC: 919-250-4720
<https://www.wake.gov/departments-government/health-human-services/programs-assistance/wic-program>

7. Babies and Beyond (Triangle Area and some of Johnston County)
OFFERS: Postpartum home care “Doula Services” for the family for a fee. Overnight and day home care available. Breastfeeding supports, light housework, mother care, sleep learning, and infant massage.
Shelly Gott, CPD, CIMI: 919-830-0899, www.babiesandbeyond.org
8. Whatever Works Lactation
OFFERS: In-home lactation consultant for the Triangle or Telehealth
Ashley Garrison RN, BSN, IBCLC www.whateverworkslactation.com 919-229-9266
9. Carolina Lactation Consultants
Gale Touger 919-60-4565 www.Carolinalactationconsultants.com
10. Cary Lactation and Nutrition Specialists
2500 Regency Pkwy, Ste 116 Cary NC 27518
919-230-2739 www.carylactation.com
11. Jordan Smith
jordan@jordansmithlactation.com or text (919) 971-3967
<https://www.jordansmithlactation.com/>

Johnston County

1. Amber Newcomb, RN, IBCLC
OFFERS: Certified breastfeeding Educator, RN
Information, breastfeeding classes, breastfeeding support.
Consults in home or hospital, Smithfield, NC:
919-631-9947
2. Johnston County WIC
919-989-5255

Some of this information was shared with us by Jeffers, Mann and Artman Pediatrics. All information gathered with permission from Triangle Breastfeeding Alliance.