

WILMINGTON HEALTH PEDIATRICS

Northchase

4320 Henson Drive
Wilmington, NC 28405
910-350-1787

Monkey Junction

5211 South College Road
Wilmington
910-815-4230

Mayfaire

6781 Parker Farm Drive, Suite 200
Wilmington, NC 28405
910-796-7598

Porters Neck

8108-B Market Street
Wilmington, NC 28411
910-686-2099

Hampstead

40 Ravenswood Road
Hampstead, NC 28443
910-772-6558

Leland

9101 Ocean Highway East
Leland, NC 28451
910-763-2072



LACTATION SUPPORT SERVICES
HELPING MOTHERS + BABIES
THROUGH THEIR
BREASTFEEDING CHALLENGES



LACTATION VISITS

Wilmington Health Pediatrics wants to welcome you and your new baby! Congratulations on choosing to breastfeed! Offering breast milk is a wonderful investment in your child's health, and we want to support your decision by offering Lactation Support Services

THE LACTATION CONSULTANT

Kristy Harley, RN, IBCLC

Kristy is an Internationally Board Certified Lactation Consultant. To be seen in the office by Kristy call 910-763-2072 for an appointment. You can reach her direct line in which she can answer questions by calling 910-362-3419.



HOW TO TELL IF BREASTFEEDING IS GOING WELL:

- Baby is breastfeeding 8-12 times in 24 hours.
- Baby is satisfied after breastfeeding.
- Baby has at least three stools and five to six wet diapers per 24 hours by day four
- Breastfeeding is not painful.
- Breasts feel full before feeding and softer after a feeding.



REASONS TO CALL FOR A LACTATION APPOINTMENT:

- You have breast or nipple pain.
- Your baby isn't latching well.
- You feel you need to supplement due to low milk supply.
- Your baby is nursing less than eight times in 24 hours.
- You feel breastfeeding is not going well.



GOALS

- A Certified Lactation Consultant is here to offer assurance.
- She will problem solve and make a personalized plan for you and your baby.
- This will allow you to gain confidence in your ability to breastfeed.



SCHEDULING

- Average length of visit is 60 minutes.
- You'll have a one-on-one with the Lactation Consultant at the Mayfaire, Monkey Junction or Northchase office.
- A pediatrician is available for additional support and intervention if needed.