WILMINGTON HEALTH PEDIATRICS

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

Monkey Junction
5211 South College Road
Wilmington
910-815-4230

Mayfaire
6727 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

WILMINGTON HEALTH

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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.

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.

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.

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.