

Breastfeeding Support

Community resources, education and encouragement



**Jeffers,
Mann &
Artman
Pediatric**
and Adolescent
Medicine, P.A.

As a Family-Centered Medical Home, we're your partner in healthcare

Jeffers, Mann & Artman promotes breastfeeding for newborn infants. In addition to our in-house lactation services and complimentary consultations, there are many community resources available to support your efforts to breastfeed. We want breastfeeding to be a happy time for both infant and mother. We support a mom's decision to breastfeed, bottle-feed or some combination of both.

Wake County

Infant Risk Call Center -

Answers about medications while breastfeeding. 806-352-2519

Nursing Mothers of Raleigh -

Community volunteer breastfeeding support group. Free monthly meetings (babies and children welcome), phone counseling, couples meetings, email answers to questions. Rents supplies for all counties in the triangle area. www.nursingmothersofraleigh.org



La Leche League -

Community volunteer breastfeeding support group. Monthly meetings (babies and children welcome) and telephone support for expectant or breastfeeding mothers and babies.

National website: www.lalecheleague.org

Local website: www.llofnc.org

Mother's Gift Lactation -

(Serving Apex, Cary, Holly Springs). Breastfeeding classes and in-home consultations for a fee. Stephanie Petty, RN, IBCLC: 919-924-5044 www.mothersgiftlactation.com

Rex Lactation Services -

(in the Rex Womens' Center) Outpatient consultations for a fee. Monthly prenatal breastfeeding classes for a fee in Cary and at the Rex main campus. Free monthly Working and Breastfeeding classes. Telephone support. Rex Hospital Lactation Services and Lactation Store: 919-784-3224. Visit www.rexhealth.com and search "breastfeeding."

Triangle Lactation Consultants -

(Serving Cary and 20 miles radius) In-office or in home consultations for a fee. Rents pumps and scales. Equipment sales including nursing bras. Email: trianglelactation@gmail.com 919-389-1599 www.trianglelactation.com

WakeMed Health and Hospitals -

Prenatal breastfeeding classes for a fee. Hospital outpatient consultations for a fee (the first visit is free to mothers who delivered at WakeMed). Telephone support for any women interested in breastfeeding. Lactation Services: 919-350-5742 Prenatal Classes: 919-350-8235 Rents and sells equipment in Gift shop: 919-350-7036 www.wakemed.org

WakeMed Mothers' Milk Bank -

Services for mothers interested in donating or receiving pumped breast milk. 919-350-8599 www.wakemed.org/mothers-milk-bank

WIC - Women, Infants and Children -

Nutrition education, counseling and support for families and children under 5 who qualify for financial assistance. WIC and breastfeeding supplies and support, infant formula, and vitamins for those in Wake County who qualify. 919-250-4720 www.nutritionnc.com



Medical records access



Request an appointment



Ask our staff



Prescription refill requests



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Find us on 

Raleigh (919) 786-5001
Clayton (919) 359-3500
Cary (919) 852-0177
West Cary (919) 388-7520
Wake Forest (919) 453-5363
Holly Springs (919) 586-0050

ONLINE RESOURCES AT WWW.JEFFERSANDMANN.COM

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Wake County cont'd

Freeman Lactation Services, LLC -

In-home consultations by a certified lactation consultant for a fee.

Cindi Freeman, RLC, IBCLC: 919-244-7221

www.lactationcoach.com

Nature's Nutrition -

Certified lactation consultant who does home visits for a fee. Rents and sales equipment and supplies.

Kim Abshire, RN, IBCLC:

919-971-8937 (office)

www.naturesnutritiononline.com

Babies and Beyond -

(Triangle Area and some of Johnston County) Postpartum home care for the family for a fee. Overnight and day home care available. Breastfeeding support, light housework, mother care, sleep training, and infant massage.

Shelly Gott, CPD, CIMI: 919-830-0899

www.babiesandbeyond.org

Johnston County

Amber Newcomb, RN, IBCLC -

Information, breastfeeding classes and support. Consults for a fee in home or at

UNC Johnston Health. 919-938-7514

anewcomb@johnstonhealth.com

Amber Blank, RN, IBCLC -

(Smithfield) Consults at UNC Johnston Health. 919-585-8137

Johnston County WIC -

919-989-5255 www.nutritionnc.com

Additional New Baby Resources

First Daze & Nightzzz -

(Triangle area, some of Johnston County)

Postpartum doulas and child sleep experts, in-home support for breastfeeding, reflux, and more.

919-274-0445 www.firstdaze.com

Triangle Breastfeeding Alliance -

Free prenatal basket, how-to videos, summary of laws to protect breastfeeding and other resources.

www.trianglebreastfeedingalliance.org



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