



Breastfeed Durham

Benefits to Baby

Reduces risk of ear infections, respiratory infections, GI infections, UTIs, SIDS, obesity, diabetes, & more.

Benefits to Parent

Reduces risk of type 2 diabetes, breast and ovarian cancers, reduces postpartum bleeding.



Getting Started

Breastfeeding is natural, yet does not always come naturally. We're here to help!



Hold your baby skin-to-skin as much as possible. It helps build your milk supply and your confidence.



Ask for help and find support. Start early to build a strong support network.



Babies nurse for more than hunger. Nursing can soothe pain, calm fears, and comfort babies.



Nurse often. The more your baby nurses, the more milk your body will make.



Breastfeeding Support & Resources

Here is a short list of some places you can get breastfeeding help and support. There is a longer list on our website, BreastfeedDurham.org. There are many lactation consultants, classes, and support groups on the list.

- Durham County Department of Public Health: 919-560-7732
- Durham WIC: 919-956-4042
- Family Connects: 919-385-0777
- La Leche League: 919-622-8787
LLLdurham.org

Our website also has information about:

- Going back to work while breastfeeding
- How family and friends can help
- Childcare
- Breastfeeding friendly businesses
- Food banks and other family support



BreastfeedDurham.org



@BreastfeedDurham



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