



Breastfeed Durham

| Tea & Milk Coalition |

Lactation Support for Asian American, Native Hawaiian, Pacific Islander, Middle Eastern and Refugee Families

Benefits to Baby

Reduces risk of ear, respiratory, stomach, urinary tract infections, diabetes, SIDS & more.



Benefits to Parent

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

Finding Support.

Family, friends, and your community can offer breastfeeding support



If language is a barrier to finding care and support, we can help!

Share breastfeeding experiences with family and friends.



Discuss breastfeeding plans with your partner to build support!



**Feeling challenged about infant feeding?
A lactation consultant can help!**



Breastfeeding Support

Resources

Assistance for feeding your baby is available at BreastfeedDurham.org:

- 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

More helpful information at BreastfeedDurham.org:

- Breastfeeding support groups
- Working while breastfeeding
- How family and friends can help
- Cultural postpartum practices & breastfeeding
- Translated information and materials
- Breastfeeding friendly businesses
- Food banks and other family support



BreastfeedDurham.org



@BreastfeedDurham



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