

Breastfeeding Support

Cary/Chapel Hill/Durham/Raleigh/Wake Forest North Carolina

Your choice to breastfeed is a precious gift for your baby. Keep in mind that your baby will not know how to nurse when she arrives. She will be new at it just as you are and you will be learning together. In the first stages of breastfeeding you may encounter some hardships and pain as you and your baby get used to it. Be sure to get help if you are having trouble with breastfeeding. There are many avenues for free help including our website with free reading materials and a lactation consultant to answer your e-mail questions. Plus take time to visit your local La Leche League meeting to get support and advice from other trained and experienced mothers.

*You are welcome to attend your local La Leche League meeting before your baby is born and we encourage you to do so.
For the Triangle area the meeting information is as follows:*

Cary Morning Meeting: meets at 9:30am on the 2nd Wednesday of each month at Woodhaven Baptist Church, 4000 Kildaire Farms Rd. (between 1010 & Holly Springs Rd.). Your leaders are Catherine at 919-362-1707 or Amy at 919-552-7530, lll_amyw@mindspring.com or Cicely 919-379-0842 or Jennifer 919-762-9311

Cary Evening Meeting: meets at 7:30p.m. on the 2nd Thursday of each month at Resurrection Lutheran Church, 100 Lochmere Dr. (corner of Kildaire Farms Rd & Lochmere Dr.). Your leaders are Diane at 919-481-2117 or Michelle at 919-363-5458 or Claire at 919-233-0367

Chapel Hill AM Meeting: meets at 10:00a.m. on the 1st Friday of each month at Chapel Hill Bible Church on Sage Rd. off of Old Erwin Rd. Room 257. Your leaders are Pam at 932-6885 or Barbara at 286-3179

Chapel Hill Evening Meeting: meets at 7:00p.m. on the 2nd Wednesday of each month at The Woman's Birth and Wellness Center, 930 Martin Luther King Blvd., Suite 202. Your leaders are Tammie at 419-1591 or Pam at 932-6885 or Becky at 338-2595 or Beth at 969-9545

Durham North Morning Meeting: meets at 10:00a.m. on the 1st Tuesday of each month at Ebenezer Baptist Church (in the nursery), 1210 Pleasant Green Rd. (Northwestern Durham close to St. Mary's Rd. and town of Hillsborough). Your leaders are Elizabeth at 919-382-8750 or Melissa at 336-364-3418

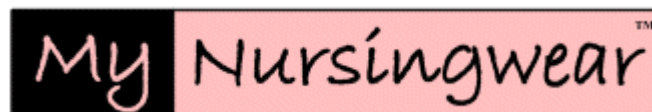
Durham PM Meeting: meets at 6:30p.m. on the 2nd Monday of each month at Durham Friends Meeting House, 404 Alexander Avenue, Durham (near Duke Campus, beside the Ronald McDonald House). Your leaders are Ruthie at 919-405-2279 or Sunshine at 919-416-9448

Durham South Morning Meeting: meets at 10:30a.m. on the 3rd Thursday of each month at Eno River Unitarian Universalist Fellowship, 4907 Garret Rd., Durham, NC 27707. Your leaders are Kate at 919-598-9619 or Lisa at 919-572-9178

Raleigh Morning Meeting: meets at 10:00 a.m. on the 3rd Friday of each month at the Church of the Nativity, 8849 Ray Rd., just south of Strickland Rd. Your leaders are Kellam 919-846-6556 or Ann 919-845-3072 or Martha 919-782-2971

Raleigh Tuesday Meeting: meets at 10:30a.m. on the 1st Tues. of each month at Community United Church of Christ, 814 Dixie Trail (corner of Wade Ave. & Dixie a few blocks from Whole Foods). Your leaders are Lara 919-850-0363 or Sandra 919-878-8676 or Robin 919-217-5049 or Nancy 919-833-8265 or Brenda 919-676-7321.

Wake Forest Meeting: meets at 10:30a.m. on the 2nd Tuesday of each month, at North Wake Church, 1200 South Main St. Your leaders are Donna 919-412-3471 or Kim 919-876-5775



At My Nursingwear we are dedicated to helping you have a wonderful breastfeeding relationship with your baby. We have an extensive selection of breastfeeding products that we recommend you check out at our website www.MyNursingwear.com