



Orange County Partnership for Young Children

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smart start network 



Orange County Breastfeeding Resource List

People say it comes naturally, but in truth, breastfeeding can be challenging for new moms! There are many resources in the community to help new moms prepare before their babies come and find support if they experience difficulties after the baby is born. Don't be afraid to ask for help, it is out there and people are ready and willing to help you and your baby to breastfeed successfully.

Orange County Health Department (OCHD), Maternal Health Care Services

Hillsborough 300 West Tryon Street 919-245-2400
Chapel Hill 2501 Homestead Road 919-968-2022



Provides complete prenatal care, patient education and nutrition services. Fees are based on income.

OCHD Breastfeeding Support Program

Provides education and support through home visits and clinic visits to mothers who are interested in and/or need help with breastfeeding. Services are available to any Orange County resident, in English or Spanish. Call (919) 245-2408 for more information.

Piedmont Health Services (PHS)

<https://www.piedmonthhealth.org/> (See website for additional locations in other counties)

Chapel Hill Community Health Center 107 Connor Drive 919-951-7600
Carrboro Community Health Center 301 Lloyd Street 919-942-8741



PHS provides full maternal health services, breastfeeding support* and also hosts WIC clinics at Carrboro Community Health Center and the Hillsborough location of Orange County Health Department. Breastfeeding mothers may receive supplemental food for themselves and their young children through the WIC program. For more about WIC (Supplemental Nutrition for Women, Infants and Children) visit: <https://www.piedmonthhealth.org/wic/> OR <https://www.fns.usda.gov/wic>

UNC Medical Center/UNC Health Care <https://www.unccmedicalcenter.org/unccmc/>

Chapel Hill Main UNC Hospital 101 Manning Drive (many locations providing various services, check website)



- UNC provides full maternal health services as well as classes on breastfeeding, childbirth and more. Links to The Women’s Health Info Center and Breastfeeding Support including classes and support groups details are here: <https://www.unccmedicalcenter.org/unccmc/care-treatment/womens-health/pregnancy-birth-care/>
- UNC Medical Center Breastfeeding Support Line: Talk with a certified lactation consultant* over the phone. Call 984-974-8078 or toll-free at 866-428-5608. Leave a voicemail, and they’ll return your call as quickly as possible. Translation services are available.

Local Lactation Consultants; providing virtual and in person support, insurance may be accepted

- [Beyond Birth Lactation](http://beyondbirthlactation.com) (beyondbirthlactation.com) with Leslie Stern CNM, IBCLC*, Lorraine Rocco RN, IBCLC* and others. Offering in-person and virtual consultations. In network with BCBS, UHC, Cigna, Aetna, and Tricare (certified out of network provider). (919) 381-8781 Durham, NC.
 - [Bliss at the Breast](http://blissatthebreast.com) (blissatthebreast.com) with Jessica Altemara, IBCLC*. (919) 260-7202, Jessica.Altemara@gmail.com. BATB offers a variety of services to families including functional assessments, complete breastfeeding support, groups, prenatal consults, bottle consults, and weaning support.
 - [HUG Your Baby](http://hugyourbaby.org) (hugyourbaby.org) with Jan Tedder, RN, FNP, IBCLC* offers ZOOM classes: “Breastfeeding 101” and “Newborn Care 101”; private lactation consultations and monthly Zoom mother-to-mother support group. (919) 923-6609
 - [Mattea’s Lactation Services](http://matteaalexander.com) (matteaalexander.com) with Mattea Alexander, IBCLC*. Text: (617) 959-4333; Email: mattea@matteaalexander.com; or Submit [contact form](#). Providing newborn and infant feeding consultations virtually and in-person. Services available in English and Spanish. Todos los servicios vienen en español.
 - [Kindred Bee Lactation and Postpartum Services](http://kindredbeelactation.com) (kindredbeelactation.com) with Tracy Williams Lenhardt, IBCLC* providing lactation consultation.
- *IBCLC-International Board-Certified Lactation Consultant

La Leche League (LLL)

- **La Leche League of Chapel Hill** <https://lllofchapelhill.org>
- **La Leche League of Durham** <https://llldurham.org>
- **LLL USA Locator** <https://lllusa.org/locator>

Multiple LLL support groups are offered each month in different locations; websites also have information and help for breastfeeding families. Meetings are free. LLL membership is optional. Free phone and text support is available as well, check the web pages for local leaders.

Breastfeed Orange NC

<https://www.breastfeedorangenc.org>

The Orange County coalition of breastfeeding advocates. The website includes support for breastfeeding families as well as links to breastfeeding awards applications and a listing of local breastfeeding friendly businesses, child care and health care providers.



NC Breastfeeding Coalition

<https://www.ncbfc.org>

Offers info on breastfeeding for parents and employers. This is also where you can apply for the NC hospital, clinic, employer and community breastfeeding-friendly awards and see a listing of which businesses and employers in your community are breastfeeding friendly.



Office of Women's Health

<https://www.womenshealth.gov/breastfeeding>

Offers extensive information on all aspects of breastfeeding info for parents and employers



US Breastfeeding Committee

<http://www.usbreastfeeding.org/workplace-law>

Website that has many resources related to breastfeeding and the workplace including info on women's rights and the laws that protect women and require they be allowed to breastfeed or pump while at work.



This list was compiled by the **Orange County Partnership for Young Children** from the latest-available information (www.orangesmartstart.org). It is meant to help child care programs be supportive of potential new moms or those seeking breastfeeding services. Please share freely. Parents, please visit individual websites to get more details about current support groups and classes, support group times, fees and how to register. Some insurance plans may cover lactation consultation, check your plan. *Updated 8/2023*