

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)**

<u>https://www.piedmonthealth.org/</u> (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: <u>https://www.piedmonthealth.org/wic/OR https://www.fns.usda.gov/wic</u>

## Orange County Partnership for Young Children





