



Breastfeed Orange NC

Benefits for Your Baby

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

Benefits for You

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



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 are some places where you can get local breastfeeding help and support.

- Orange County Health Department
 - Breastfeeding Support Program
 - 919-245-2437
 - Breastfeeding Support Specialist
 - 919-245-2408
- Piedmont Health Services WIC Clinics
 - Carrboro: 919-913-1698
 - Chapel Hill: 919-951-7582
 - Hillsborough: 919-245-2422 or 919-245-2447
- La Leche League Support Groups
 - Chapel Hill: llofchapelhill.org
 - Durham: lldurham.org



For more information about local resources, scan the QR code to check out our website:

<https://BreastfeedOrangeNC.org>

Our website also has information about:

- Breastfeeding-friendly childcare
- Community events for nursing families
- Lactation support providers



@BreastfeedOrangeNC



**Scan the QR code to
visit our website**

