

## WHAT IS NURSING MOTHERS OF RALEIGH?

NURSING MOTHERS OF RALEIGH IS A GROUP OF EXPERIENCED MOTHERS ENCOURAGING BREASTFEEDING THROUGH THE EDUCATION AND SUPPORT OF WOMEN WHO WANT TO NURSE THEIR BABIES.

### OUR PURPOSE

NURSING MOTHERS OF RALEIGH PROVIDES SUPPORT AND INFORMATION FOR BREASTFEEDING. WE CAN HELP YOU ACHIEVE YOUR BREASTFEEDING GOALS, INCLUDING THE CHALLENGES FACED BY WOMEN WHO WORK OUTSIDE OF THE HOME.

## WE OFFER

### LENDING LIBRARY

NURSING MOTHERS OF RALEIGH HAS A LIBRARY OF BOOKS ON BREASTFEEDING, INFANT DEVELOPMENT AND NUTRITION. BOOKS ARE DISPLAYED AT MONTHLY MEETINGS.

### TELEPHONE COUNSELING

COUNSELING MOTHERS OFFER INFORMATION AND SUPPORT. SEE LIST OF COUNSELING MOTHERS.

### BREAST PUMP RENTALS & SALES

ELECTRIC PUMPS ARE AVAILABLE. FOR INFORMATION ON DAILY AND MONTHLY RATES, CONTACT ANY COUNSELING MOTHER WITH A ♦ BY HER NAME. WE ALSO OFFER SOME MODELS FOR SALE.

## HOW DO I BREASTFEED?

### BASIC STEPS FOR GETTING STARTED

BEGIN AS SOON AFTER BIRTH AS POSSIBLE (IDEALLY IN THE FIRST HOUR).

GET COMFORTABLE. USE FIRM PILLOWS OR FOLDED TOWELS FOR SUPPORT UNDER THE BABY.

POSITION THE BABY SO THAT THE HEAD DOES NOT HAVE TO TURN TO REACH THE NIPPLE.

STROKE THE BABY'S LOWER LIP WITH YOUR NIPPLE.

WHEN THE BABY'S MOUTH OPENS WIDE, PULL THE BABY QUICKLY AND GENTLY ONTO THE BREAST.

GET AS MUCH OF THE NIPPLE AND AREOLA INTO THE BABY'S MOUTH AS POSSIBLE.

YOU FEEL TUGGING, NOT PAIN, AS BABY NURSES.

IF IT IS PAINFUL, STOP! PUT YOUR FINGER BETWEEN BABY'S GUMS AND TAKE THE BABY OFF.

NURSE ON ONE SIDE UNTIL THE BREAST FEELS SOFT, THEN IF THE BABY IS STILL HUNGRY OFFER THE OTHER BREAST. NEXT FEEDING START WITH THE FULLER BREAST.

MOST NEWBORNS NEED TO NURSE ABOUT EVERY TWO TO THREE HOURS AROUND THE CLOCK.

### REMEMBER, YOU CAN DO IT.

IF YOU NEED HELP, PLEASE ATTEND A PUBLIC MEETING OR CALL ONE OF THE LISTED COUNSELING MOTHERS.

## BUT AM I DOING IT RIGHT?

### SIGNS THAT BREASTFEEDING IS GOING WELL

- ★ BABY'S TONGUE IS CUPPING UNDER THE BREAST.
- ★ BABY'S CHEEKS ARE ROUNDED.
- ★ BABY'S JAW IS GLIDING, NOT CHEWING WITH EACH SUCK.
- ★ BABY IS SWALLOWING.
- ★ BABY SUCKS IN RHYTHMIC BURSTS OF 10-20 SUCKS.
- ★ BABY'S ARMS AND SHOULDERS ARE RELAXED.
- ★ BABY'S MOUTH IS WET AFTER FEEDING.
- ★ YOU FEEL TUGGING, NOT PAIN, AS THE BABY NURSES.
- ★ THE BREAST SOFTENS DURING THE FEEDING.
- ★ DURING THE FIRST FEW DAYS AFTER BIRTH, YOU MAY HAVE INCREASED VAGINAL BLEEDING AND/OR FEEL UTERINE CONTRACTIONS WHILE YOU NURSE.
- ★ AFTER THE FOURTH DAY, THE BABY WETS AT LEAST 8 TIMES AND HAS AT LEAST 3 BOWEL MOVEMENTS A DAY.

## MONTHLY MEETINGS

MONTHLY MEETINGS OFFER INFORMATION AND SUPPORT TO WOMEN WHO WANT TO BREASTFEED. OUR MEETINGS ARE FREE AND OPEN TO ANY WOMAN INTERESTED IN BREASTFEEDING.\* THERE IS A MAIN TOPIC FOR THE MEETING AND THEN TIME FOR QUESTIONS ON ANY ASPECT OF BREASTFEEDING.

*\*Babies and children are welcome.*

FOUR TOPICS ARE OFFERED IN SUCCESSION. THUS ATTENDING CONSECUTIVE DAY OR NIGHT MEETINGS WILL COVER ALL THE TOPICS INCLUDING:

- *Preparation and Getting Started*
- *Six Weeks to Six Months*
- *Starting Solid Foods*
- *Continuing Breastfeeding*

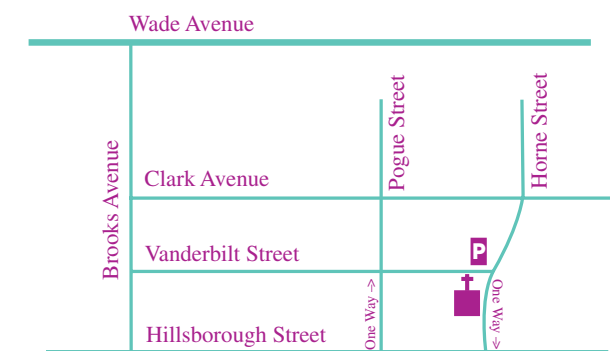
*Meetings are:*

1ST THURSDAY OF EACH MONTH 7:00 PM\*  
3RD THURSDAY OF EACH MONTH 9:30 AM

*\* Couples meetings available upon request.*

*Meetings are held at:*

WEST RALEIGH PRESBYTERIAN CHURCH  
27 HORNE ST. RALEIGH, NC 27607



North Carolina State University

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# COUNSELING MOTHERS

COUNSELING MOTHERS ARE EXPERIENCED MOTHERS WHO ARE AVAILABLE BY TELEPHONE FOR INFORMATION AND SUPPORT.

- ◆ KATHRYN HADDAD 277-0648
- ◆ ELAINA LEE 572-6674
- ◆ MARY OVERFIELD 847-4903
- ◆ TARA STANFORD 217-4259
- ◆ AMY VEATCH 821-4424
- ◆ NENA WOODS 662-3798

- ◆ BREAST PUMP SALES ONLY.
- ◆ BREAST PUMP RENTAL AND SALES.

NO DUES ARE EVER CHARGED, BUT DONATIONS ARE GLADLY ACCEPTED.

PLEASE NOTE THAT NURSING MOTHERS OF RALEIGH FOLLOWS THE WAKE COUNTY PUBLIC SCHOOLS INCLEMENT WEATHER POLICY.



**MOTHERS SHARING WITH OTHERS**

[WWW.NURSINGMOTHERSOFRALEIGH.ORG](http://WWW.NURSINGMOTHERSOFRALEIGH.ORG)

# Nursing Mothers Of Raleigh



**EXPERIENCED, TRAINED COUNSELING MOTHERS SHARING WITH OTHERS**

**BREAST PUMP RENTALS AND SALES**

## DID YOU KNOW?

### A FEW FACTS. . . .

NURSING BABIES NEED NO OTHER FOOD FOR AT LEAST 4-6 MONTHS . . . NOT EVEN WATER!

A LITTLE BREAST MILK IS BETTER THAN NONE. EVEN ONE FEEDING OF MOTHER'S FIRST MILK (COLOSTRUM) IS HELPFUL FOR THE BABY.

MOST NURSING MOTHERS DO NOT HAVE TO AVOID FAVORITE FOODS, AND THEY DO NOT HAVE TO DRINK MILK TO MAKE MILK.

SORE NIPPLES ARE NOT CAUSED BY THE LENGTH OF FEEDINGS.

BREASTFEEDING IS NOT PAINFUL. IF IT IS, THE BABY MAY NEED TO BE TAUGHT HOW TO SUCK.

COMPLETELY BREASTFED BABIES RARELY GET CONSTIPATED.

WOMEN WHO HAVE BREASTFED A BABY HAVE A REDUCED RISK OF PRE-MENOPAUSAL BREAST CANCER.

PREGNANCY MAY CAUSE BREASTS TO SAG — BREASTFEEDING DOESN'T.

THERE ARE MANY WAYS TO COMBINE WORKING AND NURSING. MOMS DO IT EVERY DAY!

## WHY SHOULD I BREASTFEED?

### REASONS BREAST MILK IS THE BEST MILK!

- ★ BREAST MILK IS THE ONLY COMPLETE SOURCE OF ALL THE NUTRIENTS YOUR BABY NEEDS.
- ★ BREAST MILK IS FREE AND ALWAYS READY.
- ★ BREAST MILK IS IDEAL FOR BRAIN GROWTH.
- ★ NURSING ENCOURAGES PROPER ALIGNMENT OF TEETH AND GOOD SPEECH DEVELOPMENT.
- ★ BREASTFED BABIES HAVE FEWER EAR INFECTIONS, STOMACH UPSETS, TOOTH DECAY, ALLERGIES AND OTHER ILLNESSES THAN FORMULA-FED BABIES.
- ★ BREASTFED BABIES ARE LESS LIKELY TO DEVELOP JUVENILE DIABETES AND CERTAIN KINDS OF CANCER.
- ★ NURSING HORMONES ARE RELAXING TO THE NEW MOTHER.
- ★ BREASTFEEDING HELPS THE MOTHER'S BODY RETURN TO ITS PRE-PREGNANT SHAPE, AND BURNS EXTRA CALORIES EVERY DAY.
- ★ BREASTFED BABIES CAN BE NURSED DISCRETELY ANYWHERE.