

Breastfeeding Support

Raleigh/Cary/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 Wake County 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 Jackie at 919-858-7913 or Amy at 919-552-7530, ill_amyw@mindspring.com

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

Raleigh Morning Meeting: meets at 9:30a.m. on the 2nd Thursday of each month at the Church of the Nativity, 8849 Ray Rd., just south of Strickland Rd. Your leaders are Diana 919-518-0788 or Ann 919-845-3072 or Lisa 919-676-3187 or Martha 919-782-2971

Raleigh Evening Meeting: meets at 10:30a.m. on the 1st Tues. of each month at Temple Beth Or, 5315 Creedmoor Rd. (between the intersections of Glenwood Ave. and Millbrook Rd). Your leaders are Lara 919-850-0363 or Jenn 919-676-8087 or Sandra 919-878-8676 or Robin 919-217-5049 or Nancy 919-833-8265.

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

Your local LLL leader would be happy to talk to you and give you advice about breastfeeding. Don't hesitate to call them.



At Au Naturel Baby 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.AuNaturelBaby.com