



# Nursing Mothers of Raleigh

[www.nursingmothersofraleigh.org](http://www.nursingmothersofraleigh.org)

Who  
can I call  
for help?

How  
do I know my  
baby is getting  
enough milk?

How  
does nursing  
change as my baby  
gets older?

How  
do I continue  
breastfeeding  
when I go back  
to work?

*Is this  
normal?*

**Nursing Mothers of Raleigh**  
helps mothers meet their breastfeeding goals.

**FREE** support and troubleshooting,  
from basic questions to major concerns.

Education and guidance at all stages,  
from pregnancy through weaning.

## **GET COUNSELING AND HELP:**

- On the phone
- In-person at twice monthly meetings (babies and older children welcome)
- Online through website links to local resources and specialists

## **OUR COUNSELORS INCLUDE:**

- Board Certified Lactation Consultants
- Trained, experienced Counseling Mothers

**Nursing Mothers of Raleigh is a 501(c)3 | Member of the Triangle Breastfeeding Alliance**

