



BREASTFEEDING RESOURCES

If you might have trouble affording services, contact your local Women, Infants, and Children (WIC) office to determine eligibility. Visit <https://www.fns.usda.gov/wic>.

Resources provided in partnership with the Breastfeeding Resiliency, Engagement, and Empowerment (BFREE) team



PHONE SUPPORT

US Office of Women's Health

1-800-994-9662

- Free phone support available Mon-Fri, 9am-6pm EST
- English and Spanish

InfantRisk Center Helpline

1-806-352-2519

- Up-to-date information on using medications while breastfeeding
- English and Spanish

La Leche League NY

1-877-452-5324

- Free phone support available 24/7; English and Spanish

Allied Foundation Breastfeeding Warmline

1-866-211-0404

- Free phone support staffed by International Board-Certified Lactation Consultants
- Referrals to community resources; covers Nassau & Suffolk
- English and Spanish; accepts voicemails

LOCAL COUNSELING

Women, Infants and Children (WIC)

www.suffolkcountyny.gov/Departments/HealthServices/PatientCare/WICProgram.aspx

OR

https://medicine.stonybrookmedicine.edu/family_population_preventive_medicine/divisions/nutrition/wic

- Provides nutrition and breastfeeding support
- You do not need to use formula to get WIC benefits!
- Find your closest location at the above websites

United States Lactation Consultant Association

<https://uslca.org/resources/find-an-ibclc>

- Find a Lactation Consultant or local breastfeeding support group

Happy Family Organics Online Counseling

<https://www.happyfamilyorganics.com/infant-feeding-support/>

- Chat with Happy Mama Mentors, a team of lactation specialists and dietitians, certified in maternal and infant nutrition from Cornell (and all moms!).
- Available 8am-8pm (EST), Mon-Fri and 8am-4pm (EST), Sat-Sun.

SUPPORT GROUPS

La Leche League

<https://www.lllny.org/>

- Visit website for classes and locations

Long Island Lactation Consultant Association

<https://www.lilca.org/supportgroups>

- Breastfeeding support groups throughout Long Island

New York Lactation Consultant Association

<https://www.nylca.org/>

- Find a lactation consultant, education and support group resources by borough.

Tri-State Breastfeeding Association

<http://wprlc.com/>

- Serves New York, New Jersey and Connecticut

Ten Toes

<https://tentoes.org/>

- Childbirth classes in New York, Staten Island

New York Baby Café Directory

<http://www.babycafeusa.org/your-nearest-baby-cafe/us-baby-cafes-2.html>

- Find your nearest baby café using the link above
- Baby Cafés are FREE resources for pregnant and breastfeeding mothers

MEDICAL CARE

Academy of Breastfeeding Medicine

<https://www.bfmed.org/find-a-physician#/>

- Find local breastfeeding medicine physicians

Allied Physicians Group Breastfeeding Medicine

<https://breastfeedingmedicinedoc.com/>

- Medical practice dedicated exclusively to the mother/infant breastfeeding dyad
- Prenatal classes and consultations available



CLASSES (fees may apply, check websites for details)

Stony Brook Hospital

<https://www.stonybrookmedicine.edu/patientcare/obgyn/prenatal-class-info>

Good Samaritan Hospital

<https://goodsamaritan.chsli.org/perinatal-education>

Northwell Health Community Events and Classes

<https://www.northwell.edu/support-and-resources>

Peconic Bay Medical Center

<https://www.pbmchealth.org/care-centers-services/services/maternity-services>

St. Catherine of Siena Medical Center

Call 631-870-3444 or visit

<https://stcatherines.chsli.org/events-list>

Southside Hospital

<https://southside.northwell.edu/>



Online Resources for Breastfeeding Mothers



SUPPORT FOR NEW PARENTS

1. The Nurse-Family Partnership

<https://www.nursefamilypartnership.org/first-time-moms/>

- First-time pregnant moms in serviceable areas meet income requirements are provided with a free, personal nurse through pregnancy and until their baby is 2 years old.
- Call or text (884) 637-6667 for more information.

2. Text4Baby

<https://www.text4baby.org/>

- This free app lets moms monitor how their baby is growing during pregnancy, track and receive reminders for pre- and post-natal appointments, and read helpful information on health and safety topics.
- Available in English or Spanish.

HELPFUL WEBSITES

1. Office of Women's Health

<https://www.womenshealth.gov/breast-feeding/>

- Provides free and reliable health information to women, including up-to-date guidance for breastfeeding.
- Specific resources for African American and Native American women available.

2. Kelly Mom

<https://kellymom.com/>

- Provides evidenced-based information on breastfeeding and parenting.
- Run by an IBCLC.

3. La Leche League

<https://www.llusa.org/>

- Includes breastfeeding information, peer counseling, chat rooms, support for moms, and more.

4. Postpartum Resource Center of New York:

<https://postpartumny.org/>

- Provides support and education for perinatal mood & anxiety disorders

BREASTFEEDING & PUMPING APPS

1. Baby Breastfeeding Tracker

- Free app that allows parents to track their baby's feeding schedule, growth, developmental milestones, diaper changes, doctor's visits, and more.

2. MommyMeds

- This app by the Infant Risk Center (hotline: 1 (806)- 352-2519) lets moms know which medications, dietary supplements and chemicals are compatible with breastfeeding (\$3.99).

3. Pump Log

- Log pumping sessions, track milk production, and monitor storage supply.
- This free app also converts oz to ml and counts down to your breastfeeding goal date.

4. Mamava

- This free app helps moms find the closest breast pumping and breastfeeding friendly locations wherever their travels take them.



Breastfeeding & Working



Your Rights as a Breastfeeding Mother:

- You have the right to breastfeed your child in any public or private location (NY Civil Rights Law 79-e).
- You have the right to pump breast milk at work (NY Labor Law Section 206-c).
- Look at the Breastfeeding Mother's Bill of Rights (www.health.ny.gov/publications/2028) or ask your healthcare provider for more information.

Today, more than 80% of women in the United States begin breastfeeding their babies at birth, and 6 out of 10 new mothers are in the workforce. Breastfeeding and returning to work can present new challenges, so try following these tips to make the transition as easy as possible:

Planning Ahead:

- Take a breastfeeding class during pregnancy to learn about the benefits of breastfeeding and logistics. Check with your local hospital about available classes.
- Join a breastfeeding support group to speak with moms that successfully breastfed after returning to work. There may be free support groups at your local hospital, through La Leche League or Baby Café USA.
- Speak to female coworkers about their experience returning to work at your company after having a baby.

What to Discuss with your Boss:

Talk with your boss about your plans to breastfeed before you go on maternity leave. Topics to address include:

- **Length of maternity leave.**
- **Different schedules upon returning to work.** Options include starting part-time or taking split shifts.
- **Break time.** Discuss whether you will use paid or unpaid time to pump, and whether this time can and should be made up. In NY, breastfeeding employees have the right to break time for up to 3 years after their baby's birth.
- **Where to pump.** In NY, employers are legally responsible for providing breastfeeding employees with a clean, private space (not a bathroom) to pump.
- **Milk storage.** Make sure you can store your breastmilk in an employee refrigerator or a cooler, and don't forget to label containers with your name/date!

Know the Facts:

As a general rule, your baby will need to breastfeed 8-12 times in 24 hours for the first few months. As the baby gets older, the number of feedings may decrease (especially after they start on solids.) To keep up milk supply, try to pump during the times you would feed your baby if you were at home.

Figure out how to work your breast pump in private, before returning to work, so you can be confident and comfortable later on. Pumping can take about 10-15 mins once you are used to using your pump.

Leave enough milk with your baby's caregiver for each day. You may need to pump 2-3 times each day at work to make enough milk.

Drinking extra fluids or eating lactation cookies won't increase milk supply; keep your milk supply constant with frequent removals (breastfeeding + pumping). Try to find your "magic number" of milk removals per day.



BREASTFEEDING RESOURCES:

PUMPING

Step 1: Contact Your Health Insurance

Under New York Insurance Law, insurers must cover maternity care including lactation support services such as counseling, education and training in breast and bottle-feeding, and breastfeeding equipment such as pumps.

Call your insurance and ask how to get a breast pump. If they will not provide a pump, call the appropriate complaint line:

- Medicaid/NYS Managed Care: 1-800-206-8125
- Other insurances: 1-800-342-3736

Step 2: Pick a Pump

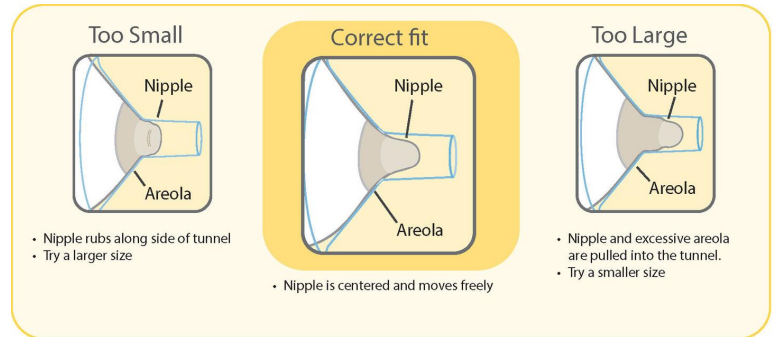
Decide which breast pump is best for you based on how you expect to use it. For example:

- **Pumping 100% in the first month, or boosting milk supply:** use a rental-grade pump
- **Pumping every day while also breastfeeding:** use a double electric pump with a 1-year warranty
- **Pumping less than 1x/day:** use any type (hand, single, double)

Step 3: Make Sure You're Comfortable!

Comfort while pumping is key. To find a breast pump setting that works for you, turn up the suction until you feel discomfort, and then slowly turn it down, stopping when you are fully comfortable.

In order to be comfortable, it is also important that the pump fits you well. If pumping hurts even on a low suction, you may need a bigger or smaller nipple opening. Some women may need a different size for each breast.



Step 4: Start Small

When pumping after breastfeeding, expect to pump half a feeding. When pumping in place of breastfeeding, expect to pump a full feeding.

Step 5: Try Different Techniques

To get more milk, some mothers find it helpful to use the pump and their hands. The following steps can be done in just 25 minutes to try to increase milk supply:

- Massage both breasts.
- Pump both breasts at once, using your hands to massage out more milk. Stop pumping when milk sprays stop.
- Massage your breasts again.
- Pump each breast one at a time again, or hand express, whichever works better. Massage while pumping. Switch breasts until milk stops.

Timing also matters: many moms get more milk if they pump in the morning. If you're pumping while breastfeeding, try to pump both breasts immediately after a feeding to avoid taking milk away from the baby's next feeding.

