

Breastfeeding/Chestfeeding Resources

Updated November 2023



From lactation experts to breastfeeding groups, Women, Infants, and Children (WIC) Supports your breastfeeding journey. Visit [WICHelpNY.org](https://www.wic.gov) and “Chat with Wanda” to see if WIC is right for you.

Local Counseling

Women, Infants and Children (WIC)

nassaucountyny.gov/3565/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

Allied Breastfeeding Support

<https://alliedphysiciansgroup.com/patient-resources/breastfeeding-support/>

1-866-621-2769

- In office or virtual appointments
- Prenatal classes
- Location-specific support groups
- Breast pump rentals and sales

Long Island Lactation Consultant Association

www.lilca.org

- Find a Lactation Consultant or local breastfeeding support group

Long Island Doula Association

631-574-2205 | info@lidoulas.com

www.lidoulas.com

- Doula services, breastfeeding support, and childbirth education classes
- Families in Crisis Fund to help those with limited resources access their services

Classes

Mount Sinai South Nassau Parent-Child Education and Lactation Resource Center

(516) 377-5310

Registration Fee: \$40 USD

<https://www.southnassau.org/sn/parent-child-education>

- This class is run by a certified lactation specialist that will teach you breastfeeding basics.

Mercy Health Hospital Lactation Services

888-39-MERCY

Wednesday, 10-11 am or online

Registration Fee: Free

<https://www.mercyhealthsystem.org/services/maternity/lactation-services/>

- You'll receive personalized counseling and education which includes observing breastfeeding sessions and assessing any problems as well as providing support.

Phone Support

US Office of Women's Health

800-994-9662

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

InfantRisk Center Helpline

806-352-2519

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

La Leche League USA

877-452-5324

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

Free Support Groups

La Leche League

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

- See website for more details and local chapters

BFREE Virtual Lactation Support Groups

- Free virtual support groups at bit.ly/BFREElactationsupport
- English: Every Tuesday from 7-8pm; Every 1st and 3rd Thursday of the month from 12-1pm
- Spanish: Every 1st and 3rd Tuesday of the month from 6-7pm

Your Rights as a Breastfeeding/Chestfeeding Parent

- You have the right to breast/chestfeed your child in any public or private location (NY Civil Rights Law 79-e)
- You have the right to pump breast/chest milk at work (NY Labor Law Section 206-c)
 - Your employer must provide a reasonable amount of unpaid break time for parents to express breast/chest milk for up to 3 years following the child's birth
 - Upon request, an employer must provide a room (not a bathroom) for breast/chestfeeding parents to express breast milk
- Look at the Breastfeeding Mother's Bill of Rights (www.health.ny.gov/publications/2028) or ask your healthcare provider for more information

Breast Pumps

Under New York Insurance Law, insurers must cover maternity care including lactation support services such as counseling, education, and classes 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:
1-800-206-8125
- Other insurances:
1-800-342-3736

BFREE

Funded by the New York State Department of Health, Cohen Children's Medical Center's Breastfeeding, Resiliency, Engagement, and Empowerment (BFREE) coalition supports mothers in reaching their breastfeeding goals.

Contact us at BFREE@northwell.edu with any questions or comments!



Department
of Health

Breastfeeding, Chestfeeding,
and Lactation Friendly New York

Online Resources

Kelly Mom

<https://kellymom.com/>

- Written by a breastfeeding mother and International Board-Certified Lactation Consultant (IBCLC) this website provides evidence-based information on breastfeeding and parenting.

The Office of Women's Health

<https://www.womenshealth.gov/breastfeeding/>

- The Office of Women's Health is part of the Department of Health and Human Services and provides breastfeeding information and resources, including sections specifically for mothers returning to work and African-American families.
- English/Spanish

Feeding Your Baby

<http://www.feedingyourbaby.org/>

- Feeding Your Baby is a place for you to learn about infant nutrition. There are 6 units that match important stages in the baby's first 6 months of life. This useful information and nutrition advice will help you reach breastfeeding goals.
- English/Spanish

La Leche League International

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

- La Leche League International—their local chapters are listed under support groups, but their webpage also provides a lot of helpful information as well as mother-to-mother forums, FAQ-Answer pages, and podcasts.
- Multiple Languages

Phone Apps (available on iPhone and Android)

- **Baby Connect:** Helps parents and child care centers track daily activities and developmental milestones
- **Baby Nursing:** Helps families track baby's nursing progress, growth, diaper changes, doctor's visits, sleep, baths, medications, vaccinations and activity.
- **Baby Shushing:** Helps soothe fussy babies with rhythmic "shush" sound.
- **Irth:** Irth, as in "Birth" without the "B" for bias, is the only app where you can find prenatal, birthing, lactation, postpartum, and pediatric reviews of care from Black and Brown women, their partners, and doulas.