

BFREE Newsletter

Breastfeeding Resiliency, Engagement, and Empowerment

“Empowering parents to breastfeed every step of the way”

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LETTER FROM THE EDITOR

Dear BFREE Coalition & Community Members,

Happy Fall from the BFREE Team! We hope you and your families are continuing to stay happy and safe as the weather turns colder. We are especially pleased to present the October issue of our newsletter.

We are highlighting pumping, an important topic for parents who choose to breastfeed and want to continue feeding their children human milk when they return to work. This newsletter includes expert perspectives on breast pumps and the stories from parents who have experience with pumping. We are grateful to all of the parents and experts who shared their valuable insights with us. We include background information on the topic and highlight expert tips on pumping. We are also excited to share our Parents' Perspective, where we showcase 2 mothers who share their inspiring stories with pumping.

Next, we spotlight recent successes. We congratulate Good Beginnings for Babies for receiving lactation friendly community space recognition and Mommas House for receiving lactation friendly worksite and community space recognition. We also share our efforts to connect with Spanish-speaking communities in our region including partnering with La Fiesta Radio station. We lastly highlight our new parent representatives on the BFREE Steering Committee, who will provide valuable insights about reaching parents and connecting with communities.

Finally, we present our community corner - highlighting our recent efforts to connect with communities on Long Island, especially in August during National Breastfeeding Month.

As always, we are sincerely appreciative to all of this edition's contributors, to the entire BFREE Steering Committee for its active engagement and sage advice, and to each of you, our many collaborators, for your collective passion in support of breastfeeding. Please email us at BFREE@northwell.edu to share feedback and any potential contribution ideas for future newsletters!

Sincerely,



Henry Bernstein, DO, MHCM, FAAP
Principal Investigator

Breastfeeding, Chestfeeding, and Lactation Friendly New York



Background & Resources

Background On Pumping

Breast pumping is a method of expressing milk from the breasts/chest using a device [1]. Breast pumps are typically held in place by hand or with a specialized nursing bra. They work by creating a seal around the nipple and using suction to extract milk in cycles [2]. There are several different types of pumps, including manual pumps, battery-powered pumps, and electric pumps [2]. Manual pumps rely on squeezing a handle or lever to create suction, while powered pumps, either battery-operated or electric, use a motor to generate suction [2]. Some powered pumps offer adjustable settings to mimic a baby's natural nursing pattern [2]. For emergencies, it's important to have backup options like a manual pump in case electricity or batteries are unavailable.

Pumping serves various purposes, including feeding a baby when the nursing parent is away, relieving engorgement, or stimulating milk supply. For working parents, parents with preterm infants, or those facing breastfeeding/chestfeeding challenges, pumping is a helpful tool in maintaining milk supply [3]. Parents who are pumping have protected rights, especially in the state of New York [4]. To parents interested in accessing breast pumps, these services can be provided by insurance companies before and after birth. Pumps can be accessed by calling the number on the back of your insurance card. If they do not provide the pump you need, you are entitled to call the appropriate complaint line: Medicaid (1-800-206-8125), other insurances (1-800-428-9071). For more resources, take a look at our "How To Access A Breast Pump" Section!



Additional Resources

[Breast Milk Storage & Preparation](#)

[Breast Pump Hygiene](#)

[La Leche League: Guidelines On Pumping Milk](#)

[What to Know When Buying A Breast Pump](#)

[Pumping Techniques & Tips for Working Parents](#)

[Evidence-Based Information on Pumping](#)

[Pumping and Returning to Work Video](#)

[1] <https://my.clevelandclinic.org/health/articles/25244-breast-pump>

[2] <https://www.fda.gov/medical-devices/breast-pumps/types-breast-pumps>

[3] <https://kellymom.com/bf/pumpingmoms/pumping/is-pump-necessary/>

[4] https://www.health.ny.gov/community/pregnancy/breastfeeding/right_to_breastfeed.htm

OUR EXPERTS' GUIDE TO PUMPING

In September 2024, the BFREE Team had the pleasure of speaking with Linda Stopsky, BSN, RN, IBCLC, LCCE, CDE, and Dawn Kempa BSN, RN, IBCLC, two experts on breast pumps. They shared valuable insight on breast-pumping tips and specifics on breast pump care, how to get a breast pump, storage of pumped milk, and how a partner can help with pumping.

General Breast-Pumping Tips

- Use a schedule to make it easier for you. **If you are pumping exclusively, every 3 hours is best.** You need to remove milk, to make milk. Your body will do what you ask of it! Adjust the frequency of pumping based on the best of your ability. Keep the milk flowing every 3 hours as best you can for the best breast health.
- Returning to work: pump as close to every three hours if possible. While you are pumping, it may be helpful to look at a picture of your baby, facetime with your baby, or hold your baby's items (ex. blanket).



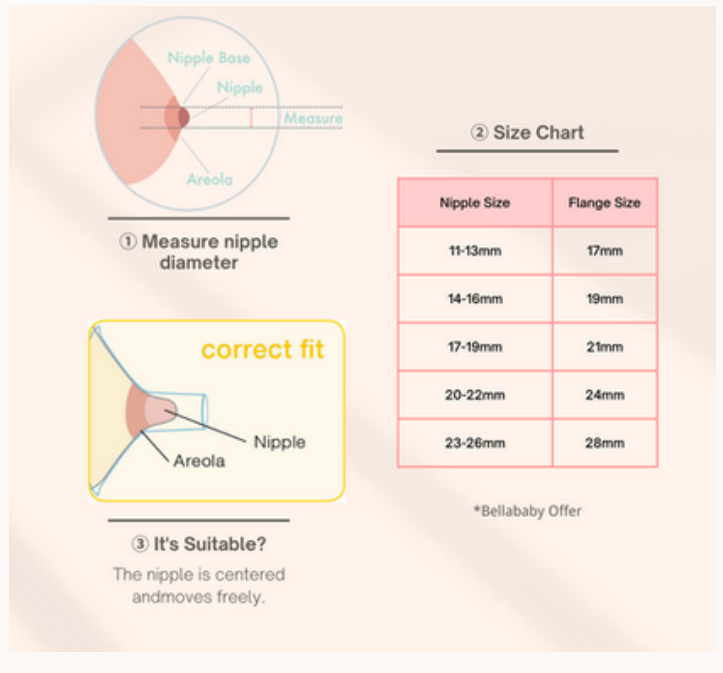
Experts Dawn Kempa, BSN, RN, IBCLC (left) and Linda Stopsky, BSN, RN, IBCLC, LCCE, CDE (right)

Breast Pump Specifics

- **Q: Is there a most reliable type of breast pump?**
 - **A:** A double electric pump is the most efficient. It is helpful to have appropriate flange sizes. To find your size, you want to measure your nipple, and then add 2-3 mm to it.
- **Q: When can mom (parent) start pumping?**
 - **A:** It all depends. It's a very individual question that depends on the mother-baby dyad.
 - It is recommended to start pumping if it is medically necessary to start feeding your baby with expressed breast milk and/or formula via bottle.
 - When introducing a bottle to an exclusively breastfed baby, most experts recommend waiting until the baby is 3 to 4 weeks old when breastfeeding is well established. This helps ensure the baby has learned to latch and suck effectively, and that the mother's milk production is established. Introducing a bottle too early can lead to bottle nipple preference, which can disrupt breastfeeding.

- **Q: How do you clean your breast pump?**
 - **A:** Follow recommendations for each individual pump.
- **Q: How much time does it take to pump?**
 - **A:** An individual session with a double electric breast pump should take around 15-20 minutes.
- **Q: How frequent does mom (parent) pump daily? Will this differ depending on if mom is breastfeeding in addition to pumping?**
 - **A:** If a parent is exclusively breastfeeding, they don't need to pump, it is a personal choice.
 - It depends on the mom. For some moms, pumping after a feed works best.
 - Many moms find it helpful to breast pump after a shower. They also find it helpful to pump in the morning hours, however whatever works for the mother is best.

How to Choose a Flange Size



① Measure nipple diameter

② Size Chart

Nipple Size	Flange Size
11-13mm	17mm
14-16mm	19mm
17-19mm	21mm
20-22mm	24mm
23-26mm	28mm

*Bellababy Offer

③ It's Suitable?
The nipple is centered and moves freely.

- **Q: What can make pumping easier/ more comfortable?**
 - **A:** A comfortable, relaxing place will help. Make sure to keep snacks and water nearby. Getting a pumping bra to hold the pump will keep your hands free.
- **Q: What can a dad/partner do?**
 - **A:** Everything but pump! Clean the pump, assemble the pump, help with the storage of milk and reheating of the milk, and make sure mom is always comfortable! Dad/partner can also feed the milk to the baby.

How to Best Store Breast Milk

It depends, but it's best to follow the Rule of 4s.

- Room temperature: Breast milk can be stored at room temperature (77°F or colder) for up to four hours.
- Refrigerator: Breast milk can be stored in the refrigerator for up to four days.
- Freezer: Breast milk can be stored in the freezer (0 F or colder) best for 4-6 months.

How to Get a Breast Pump

You can get a breast pump through your insurance company. A parent will need a prescription from an obstetrician (not a pediatrician) to obtain one. It is best to get it before giving birth during the 3rd trimester to become familiar with the pump. There are so many different types of pumps, and it is important to research what is best for you. In case of any breastfeeding difficulties, we recommend a double electric pump for the first month after baby is born.

- **Q: Is there any other information you would like to share about pumping/ breast pumps?**
 - **A:** Clean and assemble pump prior to the birth of your baby. Become familiar with the pump by watching videos. (can be found on YouTube or breast pump website).

Most importantly, enjoy your baby.

Reputable Pumping Resources



Virtual Lactation Consultants




Make an Appointment!



Scan QR code to email:
CORP-TELELACTATION@northwell.edu

Or call to schedule:
(516) 583-8029

Many insurance plans are accepted; Self-Pay rates are also available.

Virtual, one-to-one appointments are secure, private, convenient, and from the comfort of your own home with:

A Registered Nurse International Board-Certified Lactation Consultant (IBCLC)

An IBCLC can support you with feeding goals, breast feeding, breast pump use, emotional needs, referrals and more.

We are here to support your family's feeding goals!

- Northwell Health offers virtual lactation support from an IBCLC (International Board Certified Lactation Consultant).
- KellyMom is a great resource for anything related to breastfeeding, including pumping.



Accessible version: www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html

How to Keep Your Breast Pump Kit Clean

Providing breast milk is one of the best things you can do for your baby's health and development. Pumping your milk is one way to provide breast milk to your baby. Keeping the parts of your pump clean is critical, because germs can grow quickly in breast milk or breast milk residue that remains on pump parts. Following these steps can help prevent contamination and protect your baby from infection. If your baby was born prematurely or has other health concerns, your baby's health care providers may have more recommendations for pumping breast milk safely.



[How to Keep Your Breast Pump Kit Clean \(cdc.gov\)](http://www.cdc.gov/healthywater/hygiene/healthychildcare/infantfeeding/breastpump.html)

Our BFREE Team would like to especially thank Dawn Kempa and Linda Stopsky for taking the time to speak with us and provide valuable information on breast pumps.

A Parent's Perspective on Pumping

My name is Susanne Ferrandino, and I am a working mom to 2 boys, James (2.5 years old) and Nicholas (6 weeks old), wife, and dog mom. I work in law enforcement but thankfully will be home with my newborn for a few more months.

My older son was on breast milk until he was about 18 months old. I preferred breastfeeding, as it's less to pack for outings and yields less dishes! Whenever I was with my son I breastfed and whenever I would be away from him and he needed a bottle, I pumped. My breastfeeding journey was challenging with him, as he had issues with transferring milk, so I started pumping about 1 week into our journey.



I was instructed by the pediatrician and a lactation consultant to triple feed him (offer breast, pump, and bottle). We did this for a few months. As he got older, he was able to transfer better. I then developed an oversupply which led to me having to pump a few times a day to avoid clogs, mastitis, etc. When I returned to work, I pumped multiple times per day so that he could have bottles at daycare. For my newborn, Nicholas, I just started pumping once a day so that we can start introducing him to a bottle.

I learned how to use the breast pump from watching videos online. I purchased an online breastfeeding course and there was a segment on how to use my pump. I chose to use the spectra S2 breast pump. I did some research (asking other mom's, Facebook groups, etc.) and it came highly recommended. My insurance did cover the cost of the pump, however there are a lot of added expenses that are not covered. For example, different flange sizes, replacement valves, extra bottles, storage bags, etc. I also invested in the Pumpables Genie Advanced which is a portable pump that I absolutely love.

It's hard to say exactly how often I pumped because it varied. On days when I was primarily nursing, I pumped twice a day. On days that I was working and my son was getting bottles, I pumped about 5-6 times a day. This went on for about 13-14 months. Once we were able to introduce cow's milk, I weaned from pumping and just breastfed in the morning and at night.

I didn't face any specific challenges when it came to pumping, however it did add more stress to my breastfeeding experience. There was always a constant awareness of how much milk I was producing versus how much milk my son was drinking, and at times it was a lot to keep up with. I was very fortunate in that I had a good milk supply and was always making enough.

Pumping parents do not get enough credit! Pumping is a huge commitment and not easy to keep up with. I recommend finding some reliable resources and educating yourself on how to use the pump/settings, how to properly fit yourself for the correct flanges, and work with a lactation consultant to create a schedule that will work for you. I also found it helpful to have multiple sets of pump parts so that if I didn't get around to washing them and I needed to pump, I could. Additionally, I invested in a portable pump and would pump in the car on my way to and from work to save time and make the task less tedious.

The most beneficial thing I did for myself while on my breastfeeding and pumping journey was creating a support system and community for myself. Having other moms who are experiencing the same things as you normalizes the challenges and makes the whole experience a lot less stressful and more enjoyable! Unfortunately, I did not receive any support from my OB or my pediatrician. I joined a few Facebook groups, followed some accounts on Instagram and attended a breastfeeding support group. The breastfeeding support group (Baby Café and BFREE's virtual group) played and still plays a huge role in my breastfeeding journey. The opportunity to connect with other breastfeeding and pumping moms as well as having access to an IBCLC (who is absolutely incredible!) is priceless. Luckily my husband and family are extremely supportive, and my job gave me access to a pumping location without issue. There are laws in place to protect pumping moms in the workplace and it is so important to educate and advocate for yourself to get what you need!



A Parent's Perspective on Pumping



I'm Lizeth Viviana Villa, B.A., a Latino mom, and dedicated breastfeeding advocate working with BFREE since 2020. My background in psychology and proficiency in Spanish have guided my efforts to support breastfeeding families, especially within the Latino community on Long Island, NY.

My breastfeeding journey began in 2019 after a challenging C-section. Recovery was tough due to the anesthesia, and my baby, born with a narrow nasal passage, struggled to latch because of congestion. This made breastfeeding painful and overwhelming. I was given a hospital-grade pump, which was essential for expressing colostrum and became an invaluable tool for maintaining my

breastfeeding routine. Recognizing the importance of breastfeeding for my baby's health, I invested time and resources into learning about breastfeeding and baby care, reaching out to several professionals for help. Cielito Peterson and Janine Tanico from the Suffolk County MICHHC project were instrumental in connecting me with resources and support. Karen McCumiskey, MS, RN, offered vital assistance by providing options for renting a hospital-grade breast pump and guidance on postpartum depression. Rita Ferretti, BSN, IBCLC, helped me with latching and positioning issues, significantly improving my breastfeeding experience. Jeanne Rosser, BA, IBCLC, RLC, and Maryjean Williams, IBCLC, also played crucial roles in extending my breastfeeding journey. Special thanks to Jeanne Rosser for her exceptional support and dedication to the community.

Attending lactation support groups was extremely beneficial. These groups provided supplies like pumping bags and helped me measure my nipple size to ensure a properly fitting breast pump flange. I learned about the best times to pump and established a routine, pumping three times a day for 4-6 months. I stored milk for future use, which was crucial for maintaining an exclusive breastfeeding routine.

For those navigating breastfeeding and pumping, here are some tips:

1. **Pumping and Storage:** Follow the 4-4 rule for storing breast milk. Freshly expressed milk can be kept at room temperature (77°F or colder) for up to 4 hours, in the fridge for up to 4 days, in the freezer for up to 9 months, and in a deep freezer for up to 12 months.
2. **Finding Equipment:** Explore options for obtaining a breast pump through insurance or rental programs. It's helpful to have an advocate to navigate insurance requirements. A breast pump is a great tool that supports breastfeeding, and the most expensive equipment isn't always necessary—find what works best for you.
3. **Breast Pump Tip:** Make sure to clean and sanitize all pump parts after each use to prevent bacterial growth. Regularly check for wear and tear on the pump parts, and replace them as needed to ensure optimal performance and comfort.
4. **Managing Postpartum Depression and Pumping:** If you experience postpartum depression, it's essential to prioritize self-care and seek support. Reach out to mental health professionals and support groups for help. To balance pumping and emotional well-being, consider setting small, achievable goals and integrating relaxation techniques during pumping sessions. It's okay to ask for help from family or friends to manage both your mental health and breastfeeding routine.

5. Workplace Rights: Know your rights for pumping breaks and a private space at work. Federal laws require employers to provide reasonable break times and a private space (not a bathroom) for breastfeeding employees. Communicate these needs with your employer before returning to work.

6. Support Networks: Building a support network is crucial. Educate your community about the benefits of breastfeeding and utilize support from family and friends. BFREE offers free lactation support groups and valuable resources. Additionally, organizations like WIC and Women First offer free services and support for breastfeeding families. Some institutions, including WIC, pediatricians, and hospitals, sometimes provided and promoted formula even when it wasn't requested. This highlights the importance of actively seeking breastfeeding support and resources. While formula can be necessary for some, it may present issues such as digestive problems or allergies, which my baby experienced with certain formulas. Breastfeeding offers unique nutritional benefits and bonding experiences that formula cannot fully replicate.

People will encounter many pieces of advice and opinions about breastfeeding. It's important to follow your lead and respond to your baby's needs. Extend breastfeeding as long as it feels right for both you and your baby. Utilizing available resources and support can help overcome challenges and extend the breastfeeding journey. To all breastfeeding parents, especially those in underserved communities and Latino families on Long Island, remember that you're not alone. Seek out resources, ask for help, and embrace the support available to you. Breastfeeding is a personal and significant journey, and with the right support and resources, you can successfully provide the best for your baby. Thank you to the BFREE team and Pamela Reichert-Anderson, MA, RDN, CDN, Manager of the Clinical Program, for your invaluable support. Your guidance has been essential in navigating this journey and continuing to provide the best care for my baby.



Success Spotlight

The BFREE Team is happy to have celebrated with Mommas House in Levittown and Hempstead for achieving NYS Breastfeeding Friendly Worksite and Community space recognition! In particular, we would like to thank their site champion, Deirdre Trumpy, for putting in a great amount of effort to support employees and members of the community along their breast/chestfeeding journey.

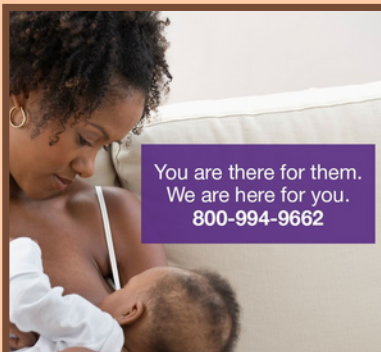


Pictured (L-R) are Sara Popofsky, from the BFREE team; and Deirdre Trumpy, Director of Mommas House and the site champion.



Pictured (L-R) are Jennifer DeSena, North Hempstead Town Supervisor; Jennifer Rush, Associate Executive Director of North Shore Child & Family Guidance Center; Alexis Siegel, Board President of North Shore Child & Family Guidance Center; Nellie Taylor-Walthurst, Director of North Shore Child & Family Guidance Center's Leeds Place and the site champion; and Sara Popofsky, from the BFREE team.

The BFREE Team is happy to celebrate with Good Beginnings for Babies for achieving NYS Breastfeeding Friendly community space recognition! In particular, we would like to thank their site champion, Nellie Taylor-Walthurst, for putting in a great amount of effort to support the members of the community and their breast/chestfeeding journey. Good Beginnings held a ribbon cutting to celebrate their new space and North Hempstead Town Supervisor, Jennifer DeSena, came to support lactation spaces in the community.



Office on Women's Health
National Breastfeeding
Helpline: 1-800-994-9662

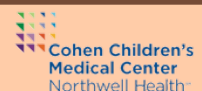
Call anytime M-F 9:00 am-
6:00 pm to talk with a health
information specialist in
English or Spanish

This work is supported by the NYSDOH "Breastfeeding, Chestfeeding, and Location Friendly New York" grant which aims to increase local capacity and support to improve the continuity of care for breastfeeding/chestfeeding, especially in low income, racially and ethnically diverse communities with the overarching goal of reducing breastfeeding/chestfeeding disparities in these communities. Congratulations to all for being recognized for your hard work and you have our deepest gratitude for working with our team.



Department
of Health

Breastfeeding, Chestfeeding,
and Lactation Friendly New York



Connecting With Our Spanish-Speaking Community

The BFREE Team is grateful to Paola Duarte (CLC), Sandy McCabe (IBCLC), Marta Blanco (CLC), Italia Granshaw (CLC), Michelle Saavedra-Cedeno (CLC), Lizeth Villa, Maria Rosales, Carmen Nunez, Dhayan Mego, and Miguelina Vera, and the community health workers from the Perinatal and Infant Community Health Collaborative (PICHC) for their excellent facilitation and translation in our ongoing Spanish Lactation Support Groups to promote culturally and linguistically competent services. We would also like to thank our subcommittee for Spanish-Speaking Communities for recommending this valuable initiative and working tirelessly to advocate for the community!

We have continued to partner with the radio station La Fiesta 98.5. We were fortunate to have Ruben Villa, a father and grandfather, join the radio station to speak with John G about “Dads and Breast/Chestfeeding”. Please click [here](#) to view the interview.



PADRES Y LA LACTANCIA MATERNA



 **@BFREE.TEAM**

RUBEN VILLA
PADRE Y ABUELO

This project is supported by NYSDOH Grant #530461. The content of this newsletter is the responsibility of the Contractor and does not necessarily represent the opinions and interpretations or policy of the New York State Department of Health.

New Parent Representatives On Our Steering Committee!



Thea Fry

I am an east-end born and raised mother and wife, who lives for motherhood. Breastfeeding is an important part of motherhood for mother, child, and family. Breastfeeding should be accessible to all women, stay at home moms, and working mothers. My goal is to assist moms, making sure they each have a choice to breastfeed, as well as to reach out to fellow moms across the east end of Long Island.

Lisa Geismar Sharon

I am a mom from Roslyn with a background in the food and sustainable agriculture world. I am currently a student in a master holistic training program to become a certified nutrition consultant in pregnancy, infant, and postpartum nutrition. I especially love working with postpartum clients to support them in creating and achieving their infant feeding goals in an equitable, realistic, and sustainable manner that is personalized to the feeding parents and the dyad. I hope to expand that reach locally as a parent representative of the BFREE Steering Committee.



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Lizeth Villa

Community Corner

Wyandanch Day

At Wyandanch Day this year on June 8th, our team set up a table to distribute lactation resources to parents in the community. Our team loved connecting with families and community partners at the event. Thank you to the Wyandanch Community Advisory Board for inviting us and organizing such a lovely event!



PMAD Conference

Pamela, one of our BFREE coordinators, attended the Perinatal Mood and Anxiety Disorders (PMAD) conference on June 12th. She had a great time hearing from our community partners and participants who have had experience with PMAD. She also had the opportunity to share information about breastfeeding/chestfeeding. Thank you to Suffolk County Executive Ed Romaine, Office of Women's Services in Collaboration with the Postpartum Resource Center of NY & Suffolk County DOH, and PICHC for hosting this event!





Breastfeeding Awareness Event at Tanner Park, Copiague

On August 3, the BFREE Team celebrated World Breastfeeding Week by attending the Tanner Park Breastfeeding Support and Awareness Event! We had a great time meeting parents and talking about breastfeeding/chestfeeding with the Long Island community.

Thank you to Suffolk County Executive Edward P. Romaine, Office of Women's Services, and Suffolk County Breastfeeding Coalition for holding this amazing event!

Supporting Breastfeeding/Chestfeeding Workshop

On August 28th, our BFREE Team ended National Breastfeeding Month by collaborating with the Office of Health Equity, the Family and Children's Association of Long Island (FCA), and the Perinatal and Infant Community Health Collaborative (PICHC) to host a Lactation workshop for the clients of FCA and PICHC.

We presented on lactation topics such as Human Milk Benefits for Babies and Parents, Lactation Basics, Tips for Storing Human Milk, Postpartum Nutrition, and Returning to Work. We also shared resources relating to Black Breastfeeding Week. It was great collaborating with these amazing organizations and connecting with the parents in the community. Thank you to everyone involved in the planning of this workshop!



Introducing Our New Lactation Support Group in Southampton



Westhampton Free Library

Lactation Support Group



Join us at our free, drop-in, in-person **breastfeeding support group** to get advice, meet other parents, and share experiences! No registration necessary.

In-Person Dates

When: 4th Monday of the month
(8/26/24, 9/23/24, 10/28/24, 11/25/24,
12/23/24, 1/27/25, 2/24/25, 3/24/25, 4/28/25,
**5/19/25, 6/23/25)

Time: 5:00 PM - 6:00 PM

Where: Westhampton Free Library
7 Library Avenue

Westhampton Beach, NY 11978

****May session will be on the 3rd Monday: 5/19/25**

**Bilingual Sessions
(English & Spanish)**



All pregnant or breastfeeding parents and families are welcome.



For more information:
email **BFREE@northwell.edu**



Cornell University
Cooperative Extension



Department
of Health

Breastfeeding, Chestfeeding,
and Lactation Friendly New York



**BFREE: BREASTFEEDING
RESILIENCY,
ENGAGEMENT, AND
EMPOWERMENT**

Join our free VIRTUAL lactation support groups at:

bit.ly/BFREElactationsupport



BFREE: BREASTFEEDING RESILIENCY, ENGAGEMENT, AND EMPOWERMENT

FREE VIRTUAL LACTATION SUPPORT

Everyone is invited to FREE weekly lactation support groups for expecting and new parents (and their families)! Sessions are available in English and Spanish. Sessions entirely in Spanish are led by bilingual and bicultural lactation professionals.

Join any session by:

ZOOM LINK
bit.ly/BFREElactationsupport

PHONE
+1-646-568-7788
(Meeting ID: 923 0683 0122
Passcode: 1)

FOLLOWING OUR FACEBOOK PAGE
<https://www.facebook.com/BFREE.Coalition>

Sessions in English:

- Every Tuesday 7-8 pm
- 1st and 3rd Thursday of the month 12-1 pm

Sessions in Spanish:

- 1st and 3rd Tuesday of the month 6-7 pm

HOSTED BY lactation professionals (IBCLCs, CBCs, CLCs). Any questions/technology concerns? Email BFREENorthwell.edu



BFREE: BREASTFEEDING RESILIENCY, ENGAGEMENT, AND EMPOWERMENT

APOYO VIRTUAL GRATUITO PARA LA LACTANCIA

Todos están invitados a los grupos semanales gratuitos de apoyo a la lactancia para futuros y nuevos padres (y sus familias). Las sesiones están disponibles en inglés y en español. Las sesiones totalmente en español son dirigidas por profesionales de la lactancia bilingües y biculturales.

Acompáñanos en cualquier sesión:

EQUIPOS DE ZOOM
bit.ly/BFREElactationsupport

TELÉFONO
+1-646-568-7788
(Identificación de la reunión: 923 0683 0122
Codigo de acceso: 1)

SÍGANOS EN NUESTRA PÁGINA DE FACEBOOK
<https://www.facebook.com/BFREE.Coalition>

Dirigido por profesionales en lactancia (IBCLCs, CBCs, CLCs). Si tiene preguntas o necesita ayuda con la conexión, escriba al email BFREENorthwell.edu

Join our free IN-PERSON sessions at Pronto of Long Island in Bay Shore and Sun River Health in Wyandanch!



Lactation Support Group

Join us at our free, drop-in, in-person breastfeeding support group to get advice, meet other parents, and share experiences! No registration necessary.

New Dates in Person!

When: 1st and 3rd Thursday of each month
Time: 12:00pm - 1:00pm
Where: Pronto of Long Island Inc.
128 Pine Aire Drive
Bay Shore, NY 11706

Can't make it in-person?
Join virtually from 12-1pm through this link: bit.ly/BFREElactationsupport

*Sessions will be held in English, and a Spanish translator will be available.

All pregnant or breastfeeding parents and families are welcome. For more information, please call 631-231-8290 or email mcolan@prontolongisland.org

Logos: Cornell University Cooperative Extension, New York State Department of Health, Breastfeeding, Childbearing, and Lactation-Friendly New York, BFREE: BREASTFEEDING RESILIENCY, ENGAGEMENT, AND EMPOWERMENT



Sun River Health

Martin Luther King, Jr.

Lactation Support Group in Wyandanch

Join us at our free, drop-in, in-person breastfeeding support group to get advice, meet other parents, and share experiences! No registration necessary.

Details

When: 1st and 3rd Wednesday of each Month
Time: 11:00am - 12:00pm
Where: Sun River Health Conference Room
1556 Straight Path
Wyandanch, NY 11798

Sessions will be held in English, and a Spanish translator will be available.

Wyandanch Breastfeeding Support Facebook Group



<https://tinyurl.com/wyandanchbreastfeedingfb>

All pregnant or breastfeeding parents and families are welcome. For more information, please call 631-513-5987 or email fdizon@sunriver.org.

Logos: New York State Department of Health, Breastfeeding, Childbearing, and Lactation-Friendly New York, BFREE: BREASTFEEDING RESILIENCY, ENGAGEMENT, AND EMPOWERMENT

To learn more about the BFREE Team and to access our free resources, please click below:



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