

# Resources for Expectant and New Parents

\*This is a detailed resource sheet - please use the table of contents to jump to the sections you need.

<b><u>Breastfeeding</u></b>	<b>2</b>
Breastfeeding/Chestfeeding Counseling Providers	2
Breastfeeding/Chestfeeding Support & Peer Counseling	3
Directory of Lactation Consultants	4
Northwell General Pediatric Practices with IBCLC Services	5
Breast Pumps and Supplies	6
Online Videos	7
Websites	8
Mobile Applications	10
Young Parents	10
LGBTQ+ Families	11
Breastfeeding/Chestfeeding After a Cesarean Section	11
<b><u>Postpartum Depression and Mood Disorders</u></b>	<b>12</b>
Local Postpartum Resources & Groups	12
Emergency Postpartum Depression Support & Referral	12
Online Postpartum Resources	13
Postpartum Resources for Partners & Families	13
<b><u>Car Seat Safety</u></b>	<b>14</b>

Couldn't find what you were looking for? One of these resources didn't work?

Contact: [BFREE@northwell.edu](mailto:BFREE@northwell.edu)

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# Resources for Expectant and New Parents

## Breastfeeding

This resource list is intended to be inclusive of all families. In this resource list, the term “breastfeeding” is used to refer to breastfeeding, chestfeeding, and all human milk feeding. Resources specific to LGBTQ+ Families can be found on page 11.

\*Indicates that the organization offers free or reduced-cost resources.

## Breastfeeding/Chestfeeding Counseling Providers

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### Allied Breastfeeding Support

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

- Information, classes, home/office visits

### Long Island Lactation Consultant Association

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

- Lactation consultant contact information, breastfeeding support groups

### Long Island Doula Association \*

[www.lidoulas.com](http://www.lidoulas.com)

- Contact: 631-574-2205 | [info@lidoulas.com](mailto:info@lidoulas.com)
- Doula services, breastfeeding support, and childbirth education classes
- LIDA has a Families in Crisis Fund that helps those with limited resources access their services

### Visiting Nurse Service of New York: Nurse Family Partnership \*

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

- Nassau Contact: 516-942-4580 | [nfpreferrals@vnsny.org](mailto:nfpreferrals@vnsny.org)
- A free visiting nurse service available to eligible women from pregnancy through 2 years after birth. Call to determine eligibility.

### New York Lactation Consultants Association

<https://nylca.org/#parents-section>

- Find a lactation consultant for home visits, office visits, breastfeeding groups, and prenatal classes

### U.S. Lactation Consultant Association

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

- Locate an International Board-Certified Lactation Consultant (IBCLC) by zip code

### Perinatal and Infant Community Health Collaborative (PICHC) Programs

<https://www.health.ny.gov/community/adults/women/pichc/>

- Provides information, community resources/education, and home-based supportive counseling
- County-specific contact info can be found on website
- In **Suffolk**: Program name is Suffolk County Department of Health Services’ Perinatal Health Services Program. Call 631 854-4030 or email [HBAM@suffolkcountyny.gov](mailto:HBAM@suffolkcountyny.gov).
- In **Nassau**: Harmony Healthcare Long Island’s program name is Perinatal and Infant Community Health Collaborative (PICHC) Program. Call 516 296-3742 or email [PICHC@harmonyhealthcareli.org](mailto:PICHC@harmonyhealthcareli.org).

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# Resources for Expectant and New Parents

## Gold Learning

<https://www.goldlearning.com/ce-library/profession>

- Continuing education courses for midwives, dieticians, nurses, lactation counselors, and medical providers

## Cicatelli Associates

<https://caiglobal.org/contact-us/>

- CAI helps organizations strengthen their capacity to provide high-quality services. This is done by providing training, technical assistance, research, and other support to agencies that provide health care and social services.

## Breastfeeding/Chestfeeding Support & Peer Counseling

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### National Breastfeeding Helpline

- The US Office on Women's Health phone line, Mon-Fri; 9AM-6PM EST
- 800-994-9662
- English and Spanish

### La Leche League USA Breastfeeding Helpline

- Helpline for mothers with breastfeeding questions, 24/7
- 1-877-452-5324
- English and Spanish

### La Leche League of Baldwin Freeport

- Meet every **second Wednesday** of the month at 10:00 a.m at Unitarian Church 228 South Ocean Avenue Freeport New York.
- [Facebook group](#), [Instagram](#)
- Leaders: Jennifer (516) 489-7226, Regina (469) 348-6660, Kristen (646) 554-3035, Janet (516) 263-8780

### InfantRisk Center Helpline

- Gives up-to-date information on the use of medications during pregnancy and breastfeeding, 8AM-5PM CST
- 806-352-2519
- English

### Local Breastfeeding Warmline Phone Support

- Katz Women's Hospital Breastfeeding Support: 718-470-5173
- Mount Sinai South Nassau's Lactation Resource Center: 516-632-3466
- Call with questions or concerns about breastfeeding

### Good Samaritan Hospital's Perinatal Education Center

<https://www.chsli.org/childbirth-class-registration>

- Weekly support groups, support from lactation counselors, and infant massage classes
- "Mother's Circle of Hope" - Perinatal Mood and Anxiety Disorders support group during pregnancy and up to one year postpartum
- Visit website to register, call 631-376-4159 for more information, or email [perinataleducation@chsli.org](mailto:perinataleducation@chsli.org)

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## South Shore University Hospital

- Free prenatal and breastfeeding class
- Free baby cafe every Tuesday
- Call (631) 894-5282 or email [wandria@northwell.edu](mailto:wandria@northwell.edu)

## Peconic Bay Medical Center

- Free prenatal and breastfeeding classes
- (631) 548-6000

## BFREE Lactation Support Groups

- Free virtual and in-person lactation support groups in Spanish and English
- See website for more information: <https://www.bfreecoalition.org/lactation-support-groups>
- [bfree@northwell.edu](mailto:bfree@northwell.edu)

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# Resources for Expectant and New Parents

## Directory of Lactation Consultants

This list is not an endorsement for any individual. The BFREE team has only contacted each individual and confirmed their information and certification. Please call your insurance provider to check for coverage.

### Suffolk County International Board Certified Lactation Consultants (IBCLCs)

- Wendi Andria, RNC-OB, IBCLC  
Islip, NY 631-707-6598  
Private Lactation
- Jennifer L. Giordano, FNP, IBCLC  
  
International Board Certified Lactation  
Consultant  
  
Latch With Love  
  
215 Hallock Road, Suite 3D  
  
Stony Brook, New York 11790  
  
rnjenn72@optonline.net  
  
(631)255-8234
- Danielle Joseph-McKay, LCCE, CCE, IBCLC  
<https://www.thebirthguardians.com/lactation-support>  
(631) 572-8916  
Nassau/Suffolk  
Call for: Home visits, free phone support  
(\*accepts some insurances)
- Joan Benken, IBCLC  
Home: 631-765-5619,  
[rnjmb@aol.com](mailto:rnjmb@aol.com)  
Call for: home visits in Eastern Suffolk
- Jeanne Rosser, IBCLC  
Amityville, NY (516) 449-8776  
[jeannerosser@hotmail.com](mailto:jeannerosser@hotmail.com)  
Nassau/Suffolk  
[www.westsuffolk.com](http://www.westsuffolk.com)  
Call for: Home visits, office visits
- Jennifer Shaer MD, IBCLC, FABM  
Lisa Visentin MD, IBCLC  
Jessica Cohn, MD, IBCLC  
Peconic Pediatrics and Breastfeeding  
Medicine  
Allied Physicians Group  
34 Commerce Dr. suite 2  
Riverhead, NY 11901  
631-722-8880  
[www.peconicpediatrics.com](http://www.peconicpediatrics.com)
- Theresa Ernst RN, IBCLC  
631-834-8514  
Email: [latchinglove@gmail.com](mailto:latchinglove@gmail.com)

### Nassau County International Board Certified Lactation Consultants (IBCLCs)

- Beverley Rae, IBCLC, RLC, MSW  
<https://breastfeedingresources.net/>  
Manhasset, NY (516) 365-4877  
Call for: Home/Office/Virtual visits, pump  
rentals, prenatal classes  
[info@breastfeedingresources.net](mailto:info@breastfeedingresources.net)
- Joy Padula, RN, IBCLC  
Bellmore, NY (516) 728-4336  
Call for: Consultations, pump rentals  
[nater2210@live.com](mailto:nater2210@live.com)
- Donna Kimick, IBCLC, RLC  
  
[www.lakeshorelactation.com](http://www.lakeshorelactation.com)  
Massapequa Park, NY (516) 799-7911  
Call for: Consultations, pump rentals  
[Donna@lakeshorelactation.com](mailto:Donna@lakeshorelactation.com)
- Lauren G. Macaluso, MD, IBCLC, FAAP,  
FABM  
<https://breastfeedingmedicinedoc.com/>  
New Hyde Park, NY  
(516) 498-2300, press 2  
Call for: Office visits (most insurances  
accepted)

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# Resources for Expectant and New Parents

- Caryn Winkler-deBrauwere, BA, IBCLC, RLC\*  
Gentle Nurture Lactation  
Oceanside, NY (516) 647-4808  
Call for: Home visits/pump rentals (with contactless pick-up), telehealth services  
[gnlactation@gmail.com](mailto:gnlactation@gmail.com)  
English/Spanish, sliding scale payments, discount for military families
- Sandy McCabe, RN, BSN, IBCLC, CCE  
<https://naturalbreastfeeding.weebly.com/about.html>  
Nassau, Queens  
(516) 382-6901  
[sandstar126@yahoo.com](mailto:sandstar126@yahoo.com)  
Home visits, telephone and virtual consultation  
English/Spanish
- Debbie Steger-Cohen, IBCLC, MSN, CCE  
Great Neck, NY 516-343-6058  
Nassau, Suffolk, Queens  
[lilacat11@verizon.net](mailto:lilacat11@verizon.net)  
Home visits  
English/Spanish, offers superbill for insurance
- Michelle Turner, CPNP, IBCLC  
Jericho, NY (516) 677-9658  
Office visits, pump rental  
English/Spanish
- Kathleen Waldow, RN, BSN, IBCLC  
Floral Park, NY (516) 500-3732  
[kathleenwaldow@gmail.com](mailto:kathleenwaldow@gmail.com)  
Home and office consults, clinic visits
- Janice R. Campbell, MSN, RN, LCCE, IBCLC  
Rockville Centre, NY (516) 605-4570  
Home visits  
[www.lactationtime.com](http://www.lactationtime.com)  
[contact@lactationtime.com](mailto:contact@lactationtime.com)  
English, Spanish, Portuguese

This list was developed in part using the **Long Island Lactation Consultants Association** website. Check [www.lilca.org](http://www.lilca.org) for updates.

## Northwell Health Virtual Lactation Consultants

A Registered Nurse International Board Certified Lactation Consultant (IBCLC)

- Virtual, secure, one-to-one appointments from the comfort of your own home
- [CORP-TELELACTATION@northwell.edu](mailto:CORP-TELELACTATION@northwell.edu)
- (516) 583 - 8029

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## Northwell General Pediatric Practices with IBCLC Services

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**Astoria/Bayside:** 718-721-6166 / 718-224-3000

- Hana Pappas, NP, IBCLC (English)

**Garden City/North Babylon:** 516-745-5621

- Andrea Orbon, NP, IBCLC (English)

**Hewlett:** 516-374-0555

- Debbie Ekstrom, NP, IBCLC (English)

**Huntington:** 631-824-6683

- Deborah Messina, DO, IBCLC (English)

**Islandia/Mt. Sinai:** 631-434-1770 / 631-331-8350

- Tinting Cheng, MD, IBCLC (Mandarin, Cantonese, Taiwanese, English)
- Tracy Peterson, PA, IBCLC (English)

**Levittown:** 516-735-4949

- Victoria Calixto, NP, IBCLC (Spanish, English)

**Mineola:** 516-741-4082

- Luisa Castiglia, MD, IBCLC (Italian, English)
- Melissa Carbonette, NP, IBCLC (English)

**New Hyde Park:** 516-465-4377

- Theresa O'Donnell, RN, IBCLC (English)

**If a Northwell Pediatric Patient, you can visit any of the above locations to receive lactation services (available for Northwell pediatric patients only).**

## Breast Pumps and Supplies

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**All insurances are required to provide breastfeeding support, counseling, and equipment (including breast pumps) for the duration of breastfeeding. These services can be provided before and after the birth. Call the number on the back of your insurance card and ask how to get a breast pump. If they do not provide the pump you need, call the appropriate complaint line:**

**Medicaid: 1-800-206-8125**

**Other insurances: 1-800-428-9071**

Hospitals and other care providers, including many of those listed above, have access to breast pumps for rent. Ask any of them for information or visit the following websites:

A-Med Supplies

<https://amedsupplies.com/24-insured-breast-pumps-select>

- Website that will allow you to order breast pumps free-of-charge (Medicaid coverage accepted) to keep
- Multiple breast pump brands available

Yummy Mummy

<https://yumymummystore.com/>

- A Medicaid approved supplier that ships equipment statewide (free shipping, no credit card needed)
- Can compare breast pumps to find best equipment for you

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# Resources for Expectant and New Parents

## Medela Breast Pumps

[www.medelabreastfeedingus.com/insurance-pump-lookup](http://www.medelabreastfeedingus.com/insurance-pump-lookup)

- Choose your insurance (e.g. “NYS Medicaid”) and “New York” to see options

## Ameda Breast Pumps

<https://www.ameda.com/>

- Website provides information and allows you to search for supply stores near you

Better Living Now (<http://www.betterlivingnow.com/products/category-home.cfm?id=53>) and Hampton Homecare (<http://www.hamptonhomecare.com/Catalog/?query=breast%20pump&sort=0&cid=&mid=&t>) also supply these breast pump brands with the option of going through insurance.

- Hampton Homecare is an approved NYS Medicaid equipment supplier

## New York State Medicaid Member Medical Equipment Supplier Search Tool

<https://member.emedny.org/pharmacy/search-locations>

- Website allows you to search for Medicaid-approved vendors who supply breast pumps within your area
- Members should contact suppliers directly to find out if they provide breast pumps and supplies

## Steps pregnant/breastfeeding parents need to take to get breast pumps supplied through health plan:

1. Contact Health Insurance: Call your insurance and ask how to get a breast pump
2. Pick a pump: Look through the options and decide which pump is best for you
  - a. If pumping 100% in the first month or boosting milk supply: use a rental-grade pump
  - b. If pumping every day while also breastfeeding: use a double electric pump with a 1-year warranty
  - c. If pumping less than 1x/day: use any type of pump
3. Order pump using health plan from the supplier.

## Online Videos

- **Global Health Media Project**  
<https://globalhealthmedia.org/videos/breastfeeding/>
  - This breastfeeding video series covers a wide range of topics, such as positions for breastfeeding, achieving a proper latch, storing breast milk safely, and more.
  - Available in multiple languages
- **Injoy Health Education**  
English: <https://injoyhealtheducation.com/npc-breastfeeding-fullpreview/>
  - This is a series of 14 short videos for new parents on breastfeeding and nutrition.
- **Breastfeeding Support and Moms’ Emotional Well-being**
  - This is a webinar recorded by Sonia Murdock (Executive Director, Postpartum Resource Center of NY), Chanel Jones (Birth Doula and Childbirth Educator), and Jennifer Giordano (MS, APRN, FNP, IBCLC)

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# Resources for Expectant and New Parents

## Websites

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- **Feeding Your Baby**  
<https://feedingyourbaby.org/>
  - Feeding Your Baby is a place for new mothers 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 mothers reach breastfeeding goals.
- **Healthy Children (American Academy of Pediatrics)**  
<https://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/default.aspx>
  - Healthy Children is the American Academy of Pediatrics (AAP)'s website for parents and families. Their breastfeeding page can answer many frequently asked questions, as well as some less common ones that may arise. Browse through the alphabetical list of topics for the information you are looking for or search for something specific in the top right corner of the page. The recommendations are backed by science and have been verified by leading pediatricians in the field.
  - English/Spanish
- **Breastfeeding: New York State Department of Health**  
<https://www.health.ny.gov/community/pregnancy/breastfeeding/>
  - The New York State Department of Health's quick guide to the benefits of breastfeeding with helpful links and information about government programs to support and protect breastfeeding (WIC, Breastfeeding Mother's Bill of Rights, etc.). They also have lists of Breastfeeding Friendly Practices and Child Care Centers as well as Baby Friendly Hospitals.
- **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.
- **Women, Infants, and Children (WIC)**  
<https://WICHelpNY.org>
  - The Women, Infant, and Children (WIC) program's breastfeeding page. Visit WICHelpNY.org and "Chat with Wanda" to see if WIC is right for you.
  - WIC supports moms, moms-to-be, and their families with healthy food, nutrition education, breastfeeding support, and referrals to other services.
  - **Suffolk County Department of Health Services - Women, Infants and Children Program (WIC)**
    - *Locations in Amityville, Brentwood, Coram, Greenlawn, Patchogue, Shirley, Riverhead, Southampton and Wyandanch*
    - [www.SuffolkCountyNY.Gov/WIC](http://www.SuffolkCountyNY.Gov/WIC)
    - 631-853-3014
- **The Office of Women's Health: Department of Health and Human Services**  
<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 a section specifically targeted towards mothers returning to work. They also have a page specifically dedicated to information for African American mothers: <https://www.womenshealth.gov/its-only-natural>
  - English/ Spanish
  - The Office of Women's Health also has a list of online videos available to families: <https://www.womenshealth.gov/patient-materials/resource/videos>
- **Lamaze**  
<https://www.lamaze.org/>

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# Resources for Expectant and New Parents

- o Lamaze is a nonprofit organization that provides information for families from pregnancy through early parenthood. The website has more information about pregnancy, but several pages about early parenthood and breastfeeding. They have weekly email newsletters customized to your due date, a mobile app, a video library, and many other resources.
- o English/some Spanish
- **Text-4-Baby**  
<https://text4baby.org/>
  - o Sign up for informational texts about nutrition, safe sleeping, breastfeeding advice, and many other topics.
  - o English/Spanish
- **Bright by Text**  
<https://brightbytext.org/>
  - o Subscribe to receive informative texts on healthy child development, local resources and events from community organizations, and learning materials from trusted early childhood experts.
  - o English/Spanish
- **La Leche League International**  
<https://www.llli.org/>
  - o La Leche League International—their local chapters are listed above under support groups, but their webpage also provides a wealth of valuable information as well as mother-to-mother forums, FAQ-Answer pages, and podcasts.
  - o Multiple Languages
- **LactMed**  
<https://www.ncbi.nlm.nih.gov/books/NBK501922/>
  - o The LactMed® database contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Suggested therapeutic alternatives to those drugs are provided, where appropriate.
- **The Centers for Disease Control and Prevention (CDC)**  
<https://www.cdc.gov/breastfeeding/>
  - o The CDC has basic information about breastfeeding, including the safety of vaccinating pregnant women, traveling and breastfeeding, and other helpful information about breastfeeding and disease prevention. They also have a page with the most up-to-date guidelines and recommendations regarding breastfeeding, such as Proper Handling and Storage of Human Milk and Vitamin D Supplementation:  
<https://www.cdc.gov/breastfeeding/recommendations/index.htm>
- **Human Milk Banking Association of North America**  
<https://www.hmbana.org/>
  - o This website will answer questions about human milk banking and direct to the locations of human milk banks in North America.
- **USDA Choose My Plate: Breastfeeding**  
<https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/adults/moms-pregnancy-breastfeeding>
  - o This website, provided by the US Department of Agriculture, has nutrition tools to help breastfeeding mothers eat healthy during pregnancy and lactation.
- **University of Wisconsin's National Maternal Nutrition Intensive Course**  
<https://www.sph.umn.edu/academics/ce/mnic/>
  - o Continuing education program focuses on the improvement of maternal and infant health through the delivery of risk-appropriate high-quality nutrition services

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# Resources for Expectant and New Parents

## Mobile Applications

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- **Baby Connect**
  - Helps mothers and child care centers track daily activities (feeding, diapers, sleep, mood, medicine, photos, etc.) and developmental milestones. Several users can be authorized so that information can be shared with different family members and child care providers in real time.
  - English/Spanish
  - Cost: \$4.99, may upgrade for professional use, available for [iPhone](#) and [Android](#)
- **Baby Nursing**  
<https://www.sevenlogics.com/apps/baby-nursing/>
  - This app helps families track baby's nursing progress, growth, diaper changes, doctor's visits, sleep, baths, medications, vaccinations and activity.
  - Cost: Free, available for [iPhone](#) and [Android](#)
- **Baby Shusher**  
<https://babyshusher.com/baby-shusher-app/>
  - Helps soothe fussy babies with rhythmic "shush" sound. There is a Sound Equalizer to automatically adjust the shush volume to baby's cry volume.
  - Cost: \$4.99, available for [iPhone](#) and [Android](#)
- **Irth**  
<https://irthapp.com/>
  - 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. It is the #1 "Yelp-like" platform for the pregnancy and new motherhood journey, made by and for people of color. It allows mothers to search doctor and hospital reviews from the community, as well as write multiple reviews to help inform and protect others.
  - English/Spanish
  - Cost: Free, available for [iPhone](#) and [Android](#)

## Young Parents

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### **Breastfeeding USA**

<https://breastfeedingusa.org/what-breastfeeding-is-like-in-the-first-days-for-teen-mothers/>

- Article discussing how breastfeeding is for the first days for teen mothers

<https://breastfeedingusa.org/for-teens-going-back-to-school-and-breastfeeding/>

- Information on how to balance breastfeeding and returning to school

### **MOMMAS House**

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

- An organization that provides housing and support services to homeless young mothers and their babies/children

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Updated 12/4/2023

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## LGBTQ+ Families

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### Healthy Mom & Baby

<https://www.health4mom.org/lactation-options-strategies-for-lbgtq-persons/>

- Article providing information on lactation options and strategies for LGBTQ persons

### La Leche League

<https://llli.org/breastfeeding-info/transgender-non-binary-parents/>

- Breastfeeding info and support for transgender and non-binary parents
- Information on various protocols for breastfeeding and online support communities

### Birthing and Breast or Chestfeeding Trans People and Allies Facebook Support Group

[https://www.facebook.com/groups/TransReproductiveSupport/?fref=gc&hc\\_location=ufi](https://www.facebook.com/groups/TransReproductiveSupport/?fref=gc&hc_location=ufi)

- International Facebook group for sharing information and experiences about pregnancy, birth and nursing amongst trans and genderfluid/gender neutral people anywhere on the gender spectrum, at any point in transition (or pre-transition).
- Useful for allies, healthcare providers, or anyone interested in learning more

### Association of Breastfeeding Mothers

<https://abm.me.uk/breastfeeding-information/tips-for-supporting-lgbtq-families/>

- Information on how to support LGBTQ+ families with breastfeeding

## Breastfeeding/Chestfeeding After a Cesarean Section

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### Breastfeeding after a Cesarean Birth

<https://kellymom.com/ages/newborn/newborn-concerns/c-section/>

- Suggestions for nursing after a cesarean birth

### Noodle Soup

<https://www.noodlesoup.com/breastfeeding-tips-after-a-c-section/>

- Tips for new mothers breastfeeding after a cesarean birth

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## Resources for Expectant and New Parents

# Postpartum Depression and Mood Disorders

## Local Postpartum Resources & Groups

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### Postpartum Resource Center of New York

- Peer support is available by phone and the website has a resource list assisting moms to get proper assistance with counseling.
- Helpline: (855)631-0001, (631)422-2255; <https://postpartumny.org/>

### Perinatal Team at Zucker Hillside Hospital

- Call (718/516) 470-4666 to receive a confidential evaluation and individualized recommendations.

### ECLI - VIBES

- MISSION is to support clients to become free from violence through crisis intervention, counseling, advocacy, and an array of support services that empower and transition clients towards independence.
- Hopeline: (631)360-3606; <https://eclivibes.org/>

### Motherhood Center of New York

- Provides supportive services for new and expecting moms, including classes and support groups, individual counseling/consultation, and a day program for women experiencing perinatal mood and anxiety disorders (PMADs), often referred to as postpartum depression (PPD).
- (212)335-0034; <https://www.themotherhoodcenter.com/>

### Family Service League's Healthy Families Nassau/Suffolk

<https://www.fsl-li.org/help-services/healthy-families-suffolk/>

- Home-visiting program that offers support to expectant families or new parents
- Call 631 650-0061 or email [Emily.girgenti@fsl-li.org](mailto:Emily.girgenti@fsl-li.org).

## Emergency Postpartum Depression Support & Referral

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Mothers in crisis should call their local emergency number, their physician, or one of the following:

- **National Suicide Prevention Lifeline**
  - <https://suicidepreventionlifeline.org>
  - 1-800-273-8255
- **National Domestic Violence Hotline**
  - <https://www.thehotline.org/>
  - 1-800-799-7233
- **National Crisis Text Line**
  - Text HOME to 741741 from anywhere in the US, anytime, about any type of crisis.
- **988 Suicide and Crisis Lifeline**
  - Dial 988 from phone
  - Available 24 hours; Languages: English, Spanish

Couldn't find what you were looking for? One of these resources didn't work?

Contact: [BFREE@northwell.edu](mailto:BFREE@northwell.edu)

Updated 12/4/2023

# Resources for Expectant and New Parents

## Online Postpartum Resources

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### National Women's Health Information Center

<https://www.womenshealth.gov/mental-health/mental-health-conditions/postpartum-depression>

### Postpartum Support International PSI

- A non-profit organization whose mission is to eradicate the ignorance related to pregnancy related mood disorders and to advocate, educate, and provide support for maternal mental health in every community, worldwide.
- 800.944.4PPD (4773): PSI's toll-free HelpLine staffed by a volunteer team of PSI trained responders who rapidly refer callers to appropriate local resources, including emergency services.
- Spanish support: press 1.
- <https://www.postpartum.net> (includes resources in other languages)

### National Child and Maternal Health Education Program:

<https://www1.nichd.nih.gov/ncmh/ep/initiatives/moms-mental-health-matters/moms/pages/default.aspx>

### National Institute of Mental Health

<https://www.nimh.nih.gov/health/publications/womens-mental-health-listing.shtml>

- Information about women's mental health in English and Spanish

### Women's Health: A Guide to Legal Resources

<https://onlinelaw.wcl.american.edu/blog/legal-health-resources-for-women/>

### Postpartum Progress Blog and nonprofit organization

- Raises awareness, fights stigma, and provides peer support to women with maternal mental illness.
- <https://postpartumprogress.com/>

### CDC's Hear Her Campaign

- Raises awareness of potentially life-threatening warning signs during and after pregnancy
- [www.cdc.gov/HearHer](http://www.cdc.gov/HearHer)

## Postpartum Resources for Partners & Families

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### Mayo Clinic: Depression: Supporting a Family Member or Friend

<https://www.mayoclinic.org/diseases-conditions/depression/in-depth/depression/art-20045943>

### Chats for Dads

- Schedule of call-in times: first Monday of every month
- 1-800-944-8766, code 73162# 5pm Pacific, 7pm Central, 8pm Eastern
- <https://www.postpartum.net/get-help/chat-with-an-expert-for-dads/>

### Breastfeeding Basics for Grandma's

[https://wicbreastfeeding.fns.usda.gov/sites/default/files/2018-08/Breastfeeding%20Basics%20for%20Grandmas\\_final%20508c.pdf](https://wicbreastfeeding.fns.usda.gov/sites/default/files/2018-08/Breastfeeding%20Basics%20for%20Grandmas_final%20508c.pdf)

- Provides answers to frequently asked questions for breastfeeding basics for grandmas

### Cornell Cooperative Extension Suffolk County Community Education

Couldn't find what you were looking for? One of these resources didn't work?

Contact: [BFREE@northwell.edu](mailto:BFREE@northwell.edu)

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# Resources for Expectant and New Parents

<https://ccesuffolk.org/resources/educational-programs-for-adults-2022>

- Research-based information for new parents/caregivers
- Programs available for parents and grandparents in English/Spanish

## Car Seat Safety

### National Child Passenger Safety Board

- Comprehensive videos on car seat installation
- <https://www.cpsboard.org/car-seat-safety/>

### National Highway Traffic Safety Administration

- More car seat information and find inspection sites near you
- <https://www.nhtsa.gov/equipment/car-seats-and-booster-seats>

### Cohen Children's Medical Center Virtual Car Seat Checks

- Learn how to properly use and install a car seat with the assistance of a certified child passenger safety technician. Register for an appointment at:  
<https://www.northwell.edu/support-and-resources/find-an-event?keywords=car+seat+check>

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. The content of this resource sheet is the responsibility of the BFREE Team and does not necessarily represent the opinions, interpretations or policies of the New York State Department of Health.



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