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 healthy as we enter the colder season. We are pleased to present the October 2025 issue of our newsletter!

We are highlighting the impact of climate change and emergencies on breastfeeding/chestfeeding as well as the sustainability of lactation. We are so grateful to all of the parents and experts who shared their valuable insights and experiences with us.

First, we spotlight to our newsletter's theme on emergencies and climate change as it relates to breastfeeding/chestfeeding. We include background information on the topic and highlight various perspectives, including experts in the field and breastfeeding/chestfeeding families who have been impacted by the changing climate.

We then transition to celebrating Lindenhurst Library, Centro Corazon de Maria, and Jones Beach Theater for receiving Lactation Friendly Worksite Recognition. We also highlight efforts to connect with Spanish-speaking communities in our region including working with the Hispanic Counseling Center.

Finally, we present our community corner - highlighting our recent efforts to connect with communities on Long Island and our newest lactation support group. We also are excited to announce our new lactation facilitator, Michelle Velasquez.

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,

Hong of Bense

Henry Bernstein, DO, MHCM, FAAP Principal Investigator Breastfeeding, Chestfeeding, and Lactation Friendly New York



^{*}The BFREE Team understands that the language around breastfeeding can be very gendered and risks alienating marginalized populations. While we are encouraging more inclusive language, such as "parents" over "mothers", "partners" over "fathers", and "human milk" over "breast milk", we also wanted to stay true to the voices that generously contributed to this newsletter. We hope to continue educating ourselves and expand the inclusivity of our work to promote healthy infant feeding for all parents.

BREASTFEEDING IN CLIMATE CHANGE AND CRISIS

In crisis situations, breastfeeding/chestfeeding is one of the safest and most reliable forms of infant feeding. Human milk provides protective immunity against various contagious diseases as well as eliminates the risk of contamination through external feeding tools or compromised water. Despite its benefits, breastfeeding/chestfeeding support is not a priority in emergency planning, so it is vital to call attention to its advantages and form systems of support for lactating individuals to protect this human right during these times [1].



 $Image\ Source: \underline{https://www.cdc.gov/infant-feeding-emergencies-toolkit/php/preparedness-response.html} \\$

Climate change and natural disasters pose significant challenges to breastfeeding, particularly for vulnerable populations such as climate migrants and individuals experiencing food insecurity. These events disrupt access to healthcare and safe breastfeeding environments, often increasing reliance on formula. The COVID-19 pandemic further exacerbated these vulnerabilities, with in-person lactation support dropping by 17.9 percent in the U.S., despite hospitals providing virtual consultations. While telehealth can help maintain breastfeeding guidance, access to this support is largely dependent on technology, energy, and infrastructure [2].

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BREASTFEEDING IN CLIMATE CHANGE AND CRISIS

System-level solutions such as strengthening healthcare policies and ensuring compliance with WHO's International Code on Breastmilk Substitutes can result in widespread improvements, while a community-level approach, such as local food sovereignty can enhance nutritional well-being [2].

At the mother-infant dyad level, interventions such as access to donor milk and education on safe storage and hydration are crucial, especially during natural disasters. Encouraging breastfeeding can benefit both human and environmental health by improving nutrition in addition to reducing ecological impact [2].

Breastfeeding provides significant health and environmental benefits, which have become increasingly important in the context of climate change and global sustainability. Breastfeeding minimizes environmental impact by contributing minimally to carbon emissions, conserving water and energy, and eliminating packaging waste when compared to formula feeding. In contrast, formula production is resource-intensive and generates significant plastic and landfill waste, making breastfeeding a more sustainable feeding practice [3].



Image Source: https://www.cdc.gov/infant-feeding-emergencies-toolkit/php/introduction.html

Our team would like to recognize and thank Eliana Samuels, a BFREE student volunteer, for her contributions to this topic overview.

^{1.} Julia Bourg, BSN, RN, IBCLC and Catherine S. Sullivan, MPH, RD, LDN, IBCLC, FAND in discussion with the BFREE team, September 18th, 2025.

^{2.} Cerceo, E., Saxer, K., Grossman, L., Shapley-Quinn, K., & Feldman-Winter, L. (2024). The climate crisis and breastfeeding: Opportunities for resilience. Journal of Human Lactation, 40(1), 33-50.

^{3.} Mohapatra, I., & Samantaray, S. R. (2023). Breastfeeding and environmental consciousness: A narrative review of environmental implications and potential contributions to reduce waste and energy consumption. Cureus, 15(9).

AN EXPERT OPINION ON BREASTFEEDING IN EMERGENCIES



IBCLC

Julia Bourg is the Breastfeeding Healthcare Manager and Project Director at the Carolina Global Breastfeeding Institute (CGBI). In her role, she has served as a breastfeeding specialist, clinical expert, and technical assistance provider for various national and local initiatives aimed at improving birthing care and infant feeding outcomes. Throughout her career, Julia has developed and facilitated training courses and curricula to help healthcare and community systems implement and sustain optimal birthing care and infant feeding support practices. She has led multiple large-scale change and quality improvement projects, impacting approximately 300 organizations and training around 8,000 healthcare professionals both globally and nationwide.

Julia is a Registered Nurse and International Board-Certified Lactation
Consultant.



CATHERINE S. SULLIVAN, MPH, LDN, IBCLC, FAND

Catherine Sullivan is Director and Assistant Professor at the Carolina Global Breastfeeding Institute (CGBI). Catherine leads CGBI programmatic efforts in the areas of breastfeeding friendly healthcare, childcare, communities, and in lactation training. She served as CGBI's Co-Principal Investigator on the core leadership team of CDC's EMPower Breastfeeding Initiatives and PI of the ENRICH Carolinas project, serving North and South Carolina. Catherine serves as course coordinator for the Mary Rose Tully Training Initiative, a CAAHEP accredited Pathway 2 Lactation Training Program. Catherine serves as a CGBI member representative to the US Breastfeeding Committee. She is a registered and licensed dietitian and an International Board Certified Lactation Consultant. Catherine is a frequent invited speaker with over 100 presentations in the areas of lactation training, maternity care practices, breastfeeding advocacy, and nutrition. She has 28 years of experience in the fields of nutrition and lactation.



Established in 2006 in the Department of Maternal and Child Health at the UNC Gillings School of Global Public Health, CGBI serves as the first such public health breastfeeding center of its kind. CGBI faculty and staff members work to increase understanding of and support for breastfeeding, the oldest, most natural, healthiest means of nourishing infants and young children. Situated in an academic home, we offer a comprehensive program of research, service to the greater community and education.

The BFREE Team had the pleasure of interviewing Julia Bourg, BSN, RN, IBCLC and Catherine S. Sullivan, MPH, LDN, IBCLC, FAND from the Carolina Global Breastfeeding Institute. In this interview, Catherine and Julia offer an expert opinion on the impact of natural disasters and climate change on breastfeeding families. They also offer suggestions on how community members can get involved and help!

<u>Question:</u> Why is it important to discuss breastfeeding/chestfeeding when discussing emergencies?

Julia: "Direct breast/chestfeeding is the safest and most reliable way to feed an infant and child when resources are limited or disrupted. In crisis situations, there is often limited access or no access to clean water, limited ability to sanitize supplies, supply chain issues. This can all increase the risk of illness from contaminated formulas. So, direct breastfeeding is always the most safest [and] sustainable way to feed during these times. Also, the protective properties of breastmilk or human milk can be very protective when contamination and sanitation issues come into play."

Catherine: "Adding onto that, direct chest/breastfeeding is overlooked, specifically in the US. Globally, there have been lots of emergency plans in place [in regards to chest/breastfeeding]. The types of emergencies we have in the U.S can be slightly different than in other countries, [direct breastfeeding emergency plans] are almost an afterthought here compared to it being integrated into the [emergency] plans from the beginning, and that's what we're hoping to change."

<u>Question:</u> How would you approach breastfeeding support differently depending on the emergency (ex: natural disaster vs refugee camps)?

Julia: "While every emergency is different, the common theme is to PROTECT, PROMOTE, and SUPPORT breastfeeding as the safest way to feed. Any type of weather related disasters tend to be more acute, sudden, and people are more transient. Situations are constantly changing and health infrastructures usually crumble.

However, with refugee or displacement settings those tend to be more prolonged. They are quite complex and oftentimes overcrowding leads to poor sanitation. Typically, these settings are under resourced with people and sometimes supplies. Also, the type of stress that people are experiencing can be different. While all sorts of emergencies can be traumatic, in these settings, people are removed from their social networks. So, we need to be very sensitive to that. Also, we need to pay attention to the caregiver-child relationship. We cannot assume that the caregiver with the child is the actual parent, this is true with all types of emergencies. But specifically in these settings, there can be separation between children and their parents. Therefore, we need to ask ourselves if breastfeeding is even possible, is this person lactating, or if this person is the breastfeeding parent. We also need to have a lot of sensitivity to cultural differences, especially in [refugee/displacement] settings."

Catherine: "They [refugees or those displaced] are often fleeing war torn zones or areas where they have been harmed. Ensuring that they are safe in these settings is really important. We need to think about how to maintain milk supply for infants that may be separated from their parents in these displacement facilities, or just simply making sure they are fed."

<u>Question:</u> What should donors be aware of when planning on donating items to support breastfeeding moms? What are the best counseling practices for moms in emergencies?

<u>Catherine:</u> "In general, what we're hoping for is that people who are looking to help are donating to reputable organizations or individuals. Also, make sure that what you are purchasing is actually needed so that no additional waste is produced in these communities. We do not want to create an undue burden of unneeded supplies which creates more stress, especially in under-resourced communities. Use extreme caution when donating used items.

In terms of donations, we are looking for diapers, wipes, hand sanitizer, disposable feeding items like **cups**, **bibs**, **spoons**, **storage supplies**, **bags**, **portable coolers**, **ice packs**, **manual breast pumps**, things that can be easily cleaned and won't require electricity.

In general, and even recommended by the CDC, is that we do not want formula donations. Oftentimes, formula that are dropped into these areas are expired or close to expiration, which creates more work for the staff. Sometimes specialty formula is donated, but this is only for specific babies. If formula is donated, make sure it is standard infant formula that is ready to feed, in single use containers, and not something that they need to mix with water (like concentrates and powders). Powder formulas are the most unsafe form."

Julia: "In emergency situations, however, respondeers need to be more focused on risk mitigation. Be attuned to immediate medical needs. Be very individualized in providing very practical advice and guidance... A big thing is empowerment. "Keep up the good work." "Im proud of you" These words are a big help because people are often feeling hopeless in these situations."

<u>Question:</u> What are the environmental benefits to breastfeeding/chestfeeding?

<u>Catherine:</u> "Breast/chest feeding produces less overall environmental waste, from industry to transport. Breastfeeding/chestfeeding reduces carbon footprint and conserves resources like water. Breastfeeding also reduces environmental pollution, especially from dairy/cattle farms. If we are breastfeeding more, we are reducing the reliance on those farms. This lowers global methane production and creates less fertilizer and manure runoff since breastfeeding reduces reliance."

<u>Question:</u> What are ways in which mothers can make their breastfeeding/chestfeeding experience more sustainable and environmentally friendly?

Julia: In terms of increasing duration and exclusivity, I think prenatal lactation education and anticipatory guidance goes a long way. This will make it less scary when the time comes and parents feel more prepared. Support networks with lactation support providers and ensuring more access to these lactation support providers can be a game changer. Peer-to-peer support, especially in the emergency context, is also important. In an emergency situation, [first responders and lactation counselors] can help connect lactating families, which can be very sustaining, effective, and empowering. Family and partner support and involvement in care is also important. Direct chestfeeding/breastfeeding can be more sustainable in emergencies and in general because it requires less resources."

"Breastfeeding is a human right... if we think of this in terms of humanitarian crisis, we should be doing anything and everything we can to protect this human right through policy and advocacy at the local, domestic and global level. Make sure your stories and lived experiences are heard."

The Ideal "Starter Pack" for Breastfeeding Moms in Emergencies

A)

For Families that rely on a breast pump:

- Breast milk storage bags
- Small Cooler with ice packs to store breast milk
- Breast pump and all kit parts
- Manual hand pump (in lieu of power outages)

It is important to think about cleaning supplies to wash feeding items

https://www.cdc.gov/infant-feeding-emergenciestoolkit/media/pdfs/emergency-preparation-checklist-IYCF-E-508.pdf





For Families feeding their child any breastmilk:

• 1-2 boxes of *disposable* nursing pads.

https://www.cdc.gov/infant-feeding-emergenciestoolkit/media/pdfs/emergency-preparation-checklist-IYCF-E-508.pdf



A FIRST HAND PERSPECTIVE OF BREASTFEEDING IN EMERGENCIES



BRANDI HARRISON, BS, IBCLC

Brandi Harrison, BS, IBCLC is a mother of five kids and entered the field of maternal and infant health after her own struggles with breastfeeding. She has a bachelor's degree in maternal and child health from Union Institute and University. Brandi previously served as a WIC peer counselor and lactation consultant at the Harris Regional Hospital inpatient, outpatient, and NICU units. She has mentored lactation students for North Carolina State University, taught healthcare professionals at Mountain Area Health Education Center, and is a trained doula. She currently runs The Birthstone Center, a nonprofit supporting perinatal care, with a diverse team of IBCLCs, doulas, pelvic floor therapists, and mental health workers.

The BFREE team had the privilege of interviewing Brandi Harrison, BS, IBCLC. In September 2024, Hurricane Helene hit North Carolina, primarily in the Asheville and western Appalachian region. The following is her story of how she–and her best friend and fellow lactation consultant, Jayne–founded the Support and Advocacy for Infant Feeding in Emergencies (SAFE) team to support pregnant and lactating families. She shares insight on her pregnancy in the midst of her disaster-relief work and her advice for others in Infant and Young Child Feeding Emergencies (IYCF-E).



For about 3 days [after Hurricane Helene], [Jayne] and I did not know if we were okay, we could not get in contact with each other and all. There was no cell service or Wi-Fi anywhere. It was like the dark ages. Then, the internet started coming back on, and people started contacting me [about donations]. I started having them put my address down... I coordinated with Jayne, who I then realized was okay...Before I knew it, within a couple, 2-3, days, we had thousands and thousands of dollars in supplies at my office–everything from food to clothes and diapers and hygiene supplies.

Day 6 after the storm, [Jayne and I] took all these supplies and went into Asheville. We quickly realized the situation was way more than what we could do a good job at supporting. And the families that were coming out of the woodwork so quickly to us was very overwhelming. We also realized the other local LCs and birth workers were displaced and destabilized as well. So she and I were just stable enough...we stationed up at the birth center there and had local volunteers there.

I remember being at a T-Mobile hotspot, sitting on the ground after a very emotional day. I got a call from Love Anderson, who was a friend and the current chair of the North Carolina Breastfeeding Coalition. I basically told her we needed help: Jayne and I were just two people and there were thousands and thousands of people who needed help right now. There are people flooding the doors, asking us for things we can't provide and bringing up real concerns about infant feeding safety...

Within a few days, we had many lactation consultants and infant feeding specialists coming in from all over the country to help us...

It morphed into not only us going and doing site visits with distribution centers, shelters, and relief organizations. We were doing everything from sorting through formulas to make sure it wasn't expired to talking to people coming through and doing a mini-triage with these lactating and pregnant parents...We did this through the month of February and secured donations and funding to run daily operations through March 1st. We had 24/7 operations for six months."

Amid the hurricane relief work, Brandi was 2 months pregnant: "I was 16-20 weeks pregnant when I began doing all the work. We stopped all operations on February 28, and [the baby] was born March 9. She did come three weeks early, which is not usual with my pregnancies.

With that being said, there were a lot of personal things going on in my life, and that created an extra stress. The physical and mental and emotional exhaustion, I do feel like it took a toll on me. I do feel like I had a harder pregnancy that I would have...I often didn't have time to think about being pregnant. There were times in the field where I wasn't even remembering to eat, and my colleagues were helping me to stay on top of that. It was harder to take care of myself. It was harder to rest. It was harder to eat well, when we were living off of granola bars for several weeks while we were getting everything back up and going."

"...It was enjoyable in some ways, but it was these insurmountable odds, where none of us truly felt like we were resolving any problems. We weren't truly helping anyone in all the ways they needed to be helped...It was like a labor of love. This is a calling, not something I'm doing because I want to be doing this. It's because we're doing this because we have the training to do this and we are able to do this."

Breastfeeding and Climate Change

"Breastfeeding is food security. Breastfeeding is food equity. It has no carbon footprint. It is protective against climate change.

We also know that one of the instances that happens in disasters is mass amounts of unregulated donations of powdered infant formula flooding into communities after these types of events happen. And a lot of the work the SAFE team did was spent just hours and hours disposing of thousands and thousands of pounds of expired or poorly/improperly stored formula which filled the landfills and created lots of trash. It takes a lot of energy and water and all kinds of things to create infant formula and breastmilk substitutes. We know all of that has a huge carbon footprint. We know as moms we are kinda targeted in those marketing tactics for gadgets we need to purchase and plastic things we need to buy that they keep making.

So I think in terms of breastfeeding being protective of climate change it comes in all kinds of ways. It comes from keeping things out of landfills to making sure while we go through the impacts of climate change in our world that we still have a way to keep our babies fed and hydrated and safe and healthy and close. So I feel like breastfeeding is such a cure-all for these types of subjects.

The word that needs to get out there is that help is there. Skilled support is there. Solutions for problems are there and that the experience that we create in our culture and in our society for parents is way harder than it actually, physiologically needs to be. And that we create a lot of rules around things that just make everything harder."

How To Help

"First and foremost, become educated, become aware of what best practices are when it comes to infant feeding in emergencies. It's not common knowledge and it's something that is not very complicated. Become informed. There are free trainings like our 11 month training series that are completely free. They can visit the SAFE team website to learn how to register or how to take advantage of access to that education and information.

Knowing what common stumbling blocks and pitfalls are when it comes to safe infant feeding in emergencies is really important because things like giving pregnant people formula just in case is actually increasing risk to that family and undermining the safest way that they have to feed their babies. The same way as handing out formula unregulated and uniformly to everyone is actually going to increase risk rather than decrease risk for families especially if they are already breastfeeding well because did anyone even take the time to ask them if they wanted or needed the formula? And then we have some people who are given it and they think they are supposed to use it because why would they have given this to me if I wasn't supposed to use it? And then this can end breastfeeding or harm that relationship.

Know how to properly support breastfeeding instead of automatically assuming that breastfeeding is impossible in post disaster situations. We know that stress does not reduce milk supply. We know that we need to hydrate and nourish these lactating people who are trying to nurse these babies in order for them to make the quantities and volumes of milk they need to make while also supporting their own health. And simply knowing these really small facts like they can make their full milk supply in stressful situations and they do deserve a safe, warm, clean space to sit to be able to support the safest way for them to feed their babies can make a difference.

How To Help

I'm huge on "role pertinent breastfeeding support." What is your role in breastfeeding support? What is my role in breastfeeding support? I'm a clinician. They might be a janitor, a firefighter, a swiftwater rescue member. They have a role. And we all need to know what our role is, however, complex or simple that looks so that we can do our part in keeping these puzzle pieces together. Simple things like keeping moms and babies together, simple things like putting the water next to the powder formula supplies in your distribution centers, things like creating family areas in shelters. But, really it is just education, knowledge, becoming informed, and realizing that there are things that you might not know about how to keep moms and babies safe. So we do have this 11 month training series. We do have the free CDC toolkit. There are a lot of resources out there for education about that. Once we know better, we do better.

It's also important for people to realize how absolutely not helpful and dangerous it is and how much of a burden it becomes on the community when they just ship tons of stuff into it. It doesn't help anyone. The organizations that are there to help absolutely have access to infant formula. The ones who need formulas will get it. They will never go without. But we also don't want to spend thousands of hours and thousands of dollars and energy and resources.

I am a person with this unshakeable, core belief in breastfeeding and I really, truly believe that breastfeeding solves problems in the world. And that breastfeeding is an important solution to anything from political tension to climate change to domestic violence to poor nutrition. All of these can be remedied by a lactation context in some ways. The umbrella that breastfeeding provides is incredible. When it comes to climate change, I do consider breastfeeding as part of a cure. It's going to be a part of the solution that fixes this world."

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LACTATION FRIENDLY SUCCESS SPOTLIGHTS

The BFREE Team is happy to have celebrated with Lindenhurst Library for achieving NYS Lactation Friendly Worksite recognition! In particular, we would like to thank their site champions, Marisa Crowley, for putting in a great amount of effort to support employees along their breast/chestfeeding journey.



Pictured (L-R) are Anusha Panjwani, from the BFREE team; Ann Parmely, representative from District 14 Kevin McCaffrey's office; Caitlin Sempowich, Assistant Library Director; Lisa Kropp, Library Director; Cheryl Mattiolo, Children's Librarian; Marisa Crowley, Head of Children's Department; Jessica DeCarlo, Children's Librarian; Pamela Anderson, from the BFREE team.



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 Lacation 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

The BFREE Team would like to highlight Centro Corazon de Maria for achieving NYS Lactation Friendly Worksite recognition! In particular, we would like to thank their site champion, Leydy Merced, for putting in a great amount of effort to support the members of the community and their breast/chestfeeding journey.



Pictured (L-R) are Leya Khan from the BFREE team, Kate Metzendorf from the BFREE team, Laura Putzulu, Social Work Intern, Leydy Merced, Executive Director, Jennifer Estrada, former Education Coordinator, Emily Lozado, Social Services Coordinator, and Anusha Panjwani from the BFREE team.



The BFREE Team recently celebrated with Jones
Beach Theater for achieving NYS Lactation
Friendly Worksite recognition! In particular, we
would like to thank their site champion, Brandon
Murtagh, for putting in a great amount of effort to
support the members of the community and their
breast/chestfeeding journey.

Pictured (L-R) are Pamela Anderson, from the BFREE team, and Brandon Murtagh, from Live Nation.

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, Ana Quinones, Sandra Marte, and Miguelina Vera, the community health workers from the Perinatal and Infant Community Health Collaborative (PICHC), and the community health workers from Harmony Healthcare 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!

The BFREE team would like to highlight the Hispanic Counseling Center's success in achieving NYS Lactation Friendly Worksite recognition. We'd like to thank their site champion, Claudia Boyle, for her efforts in supporting the members of her community and their breast/chestfeeding journey.



Pictured (L-R) are Carlos Jimenez; Cecilia Romero; Claudia Boyle; Carmen Mejia; Nancy Anes; Sara Popofsky, from the BFREE team; and Mike Acosta.





COMMUNITY CORNER



Perinatal mood & Anxiety
Disorders Awareness
Conference

On May 1, the BFREE team tabled at the 15th Annual Perinatal Mood & Anxiety Disorders (PMAD) Awareness Conference. We learned about the mental health challenges facing parents during the pregnancy and postpartum period. Thank you to the Suffolk County Executive Office of Women's Services, Postpartum Resource Center of New York, and Suffolk County Department of Health (Perinatal Health Services Program) for having us!

On August 2, the BFREE team kicked off World Breastfeeding Week by tabling at the Breastfeeding Support and Awareness Event. We distributed breastfeeding/chestfeeding resources and connect with other community organizations. Thank you to the Suffolk County Women's Health Coaltion for inviting us!



Breastfeeding Support & Awareness Event

COMMUNITY CORNER



Wyandanch National Night Out

On August 23, the BFREE team had the chance to table at Pronto Community Day. We had a great time distributing breastfeeding/chestfeeding resources and connecting with community members. Thank you Pronto for hosting this event!

On August 5, the BFREE team tabled at Wyandanch National Night Out. We connected with community members, brought giveaways, and promoted our work in the area! Thank you to the Wyandanch Community Resource Center and the town of Babylon for having us!



Pronto Community Day

INTRODUCING OUR SECOND HEMPSTEAD LACTATION SUPPORT GROUP!



Hempstead Lactation Support Group



Join us at our free, drop-in, in-person lactation support group to get advice, meet other parents, and share experiences!

1st & 3rd Wednesday of Each Month 11:00 AM - 12:00 PM

Sessions held in English and Spanish.

All parents and families are welcome. For more information, please email hhassan@nassaucountyny.gov

In partnership with:









Nassau County Department of Health Health Resource Center

40 Main St. Suite C, Hempstead, NY 11550 516-572-2978



PRESENTAMOS NUESTRO SEGUNDO GRUPO DE APOYO A LA LACTANCIA EN HEMPSTEAD!



Grupo de Apoyo a La Lactancia en Hempstead



Participe en persona en nuestro grupo gratuito de apoyo a la lactancia para recibir consejos, conocer a otros padres y compartir experiencias!

1er y 3er Miércoles Del Mes 11:00 AM - 12:00 PM

Sesiones Bilingües (Inglés y Español)

Todos los padres embarazadas y familias son bienvenidas. Para más información, envíe un email a hhassan@nassaucountyny.gov

En colaboración con:









Nassau County Department of Health **Health Resource Center**

40 Main St. Suite C, Hempstead, NY 11550 516-572-2978



FREE VIRTUAL PRENATAL CLASSES



FREE VIRTUAL **BABY BASICS CLASS**

- Expecting and new parents (and their families) are invited to our FREE monthly prenatal classes!
- Topics include: breastfeeding/chestfeeding, nutrition, car seat safety, postpartum depression, jaundice and more!
- Sessions are available in English and Spanish.

Join any session by:



ZOOM LINK bit.ly/BFREElactationsupport

1st Monday of each Month

6:00 - 7:00 PM in English

7:00 - 8:00 PM in Spanish



PHONE

+1-646 931 3860

Meeting ID: 640 219 8145

Passcode: 1



WWW.FACEBOOK.COM /BFREE.COALITION



@BFREE.TEAM

Hosted by healthcare professionals. Questions/technology concerns? Email BFREE@northwell.edu





RESILIENCY,

RESILIENCY,
ENGAGEMENT, AND
EMPOWERMENT

Cornell Cooperative Extension
Suffolk County



of Health

Department Breastfeeding, Chestfeedi

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 +1-646 931 3860 (Meeting ID: 640 219 8145

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 BFREE@northwell.edu





- Todos los martes 7-8 pm
- Primer y tercer jueves de cada mes 12-1 pm

<u>Sesiones en Español:</u>

 Primer y tercer martes de cada mes 6-7 pm

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

+1-646 931 3860 (Identificación de la reunión: 640 219 8145 Codigo de acceso: 1)



SÍGANOS EN NUESTRA PÁGINA DE FACEBOOK

https://www.facebook. com/BFREE.Coalition

PRONTO of Long Island Inc. People helping People



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 mcolon@prontolongisland.org





Department Breastfeeding, Chestfeeding and Lactation Friendly New



BFREE: BREASTFEEDING RESILIENCY, ENGAGEMENT, AND MPOWERMENT

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

Wyandanch
Breastfeeding Support
Facebook Group



https://tinyurl.com/wyandanchbreastfeedingfb

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 631-513-5987 or email fdizon@sunriver.org.



Department Breastfeeding, Chestfeeding, and Lactation Friendly New York



BFREE: BREASTFEEDING RESILIENCY, ENGAGEMENT, AND EMPOWERMENT



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**









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





