



# Shinnecock Indian Nation Breastfeeding/Chestfeeding Resources



## LOCAL RESOURCES

### Lactation Support and Peer Counseling

Southampton WIC, Sun River Health Kraus Family: 631-854-2238

Riverhead WIC, Sun River Health Riverhead: 631-852-1811

Stony Brook Hospital: 631-444-7650; [sbmobgyn@gmail.com](mailto:sbmobgyn@gmail.com)

Allied Physicians Support: 1-866-621-2769

### In-Person Lactation Support and Classes:

East End Birth Network, Inc.

- Support in the towns of Southampton, East Hampton, & Riverhead
- Qualifying residents can receive up to two (1 hour) in-person visits by a trained breastfeeding support person.
- Register here: <https://www.eastendbirthnetwork.org/breastfeeding/>
- Contact: 631-488-0108; [eastendbirthnetwork@gmail.com](mailto:eastendbirthnetwork@gmail.com)

Peconic Bay Medical Center

- Free prenatal and breastfeeding classes
  - Held monthly in English with Spanish Support if needed
- Location: 1300 Roanoke Ave, Riverhead, NY 11901
- Contact: 631-548-6290 (call for more information or for the class schedule)

### BFREE FREE Virtual Lactation Support Groups:

- Free virtual support groups at [bit.ly/BFREElactationsupport](https://bit.ly/BFREElactationsupport)
- Tuesdays 6pm-7pm (Spanish) & 7pm-8pm (English)
- Thursdays 12pm-1pm (English)

### Long Island Lactation Consultant Association

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

Support Groups, lactation consultant information

### Cornell Cooperative Extension of Suffolk County

Resources and counselors

Contact: [mb2458@cornell.edu](mailto:mb2458@cornell.edu)

Riverhead WIC Peer Breastfeeding Counselor: (631) 852-3722

For more information contact us at:

[BFREE@Northwell.com](mailto:BFREE@Northwell.com)

Follow us on [Facebook](#) and [Instagram](#)

<https://www.bfreecoalition.org>



Department  
of Health

Breastfeeding, Chestfeeding,  
and Lactation Friendly New York

# Benefits of Breastfeeding/Chestfeeding

Breastfeeding/chestfeeding gives your infant the best possible start in life, and helps mom or the lactating parent stay healthy too! The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for approximately 6 months followed by continued breastfeeding with complementary foods for at least 2 years and beyond as mutually desired.



## PROTECT



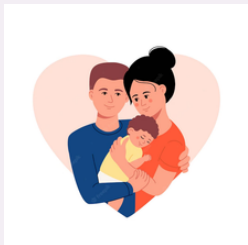
BREAST/CHESTFEEDING PROTECTS YOUR BABY'S IMMUNE SYSTEM, MEANING THEY WON'T GET SICK AS OFTEN! IT ALSO PROTECTS AGAINST OBESITY, DIABETES, ASTHMA, SIDS, AND OTHER CONDITIONS. BREAST/CHESTFEEDING REDUCES A MOM OR LACTATING PERSON'S RISK OF BREAST AND OVARIAN CANCER TOO!

## NOURISH



BREAST/CHESTFEEDING IS THE BEST NUTRITION YOU CAN PROVIDE FOR YOUR BABY. IT HAS ALL THE NUTRIENTS YOUR BABY NEEDS - FOR FREE! BREAST/CHESTFEEDING CAN SAVE FAMILIES ABOUT \$1500 PER YEAR WHEN COMPARED TO FORMULA FEEDING.

## BOND



BREAST/CHESTFEEDING HELPS CREATE A STRONGER BOND BETWEEN MOTHER (OR LACTATING PARENT) AND BABY. DAD OR NON-LACTATING PARENT CAN BOND TOO BY HOLDING THE BABY SKIN-TO-SKIN, WHICH HELPS KEEP BABY COMFORTED, SECURE, AND WARM.

## BFREE



FUNDED BY THE NEW YORK STATE DEPARTMENT OF HEALTH, THE BREASTFEEDING RESILIENCY, ENGAGEMENT, AND EMPOWERMENT (BFREE) COALITION SUPPORTS PARENTS IN REACHING THEIR BREAST/CHESTFEEDING GOALS.

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

For more information contact us at:

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Medical Center**  
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