

# Breastfeeding/Chestfeeding Resources

Updated November 2023



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

## Local Counseling

### Women, Infants and Children (WIC)

<https://www.suffolkcountyny.gov/departments/health-services/patient-care/WIC-program>

OR

[https://medicine.stonybrookmedicine.edu/family\\_population\\_preventive\\_medicine/divisions/nutrition/wic](https://medicine.stonybrookmedicine.edu/family_population_preventive_medicine/divisions/nutrition/wic)

- Provides nutrition and breastfeeding support
- You do not need to use formula to get WIC benefits!
- Find your closest location at the above websites

### Allied Breastfeeding Support

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

1-866-621-2769

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

### Long Island Lactation Consultant Association

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

- Find a Lactation Consultant or local breastfeeding support group

### Long Island Doula Association

631-574-2205 | [info@lidoulas.com](mailto:info@lidoulas.com)

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

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

## Free Support

### La Leche League

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

- See website for more details and local chapters

### BFREE Lactation Support Group

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

### 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)

## Classes

### Peconic Bay Medical Center

1300 Roanoke Ave  
Riverhead, NY 11901  
631-548-6290

- Free prenatal and breastfeeding classes
- Classes held monthly; in English with Spanish support if needed
- Call for more information or for class schedule

## Phone Support

### US Office of Women's Health

800-994-9662

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

### InfantRisk Center Helpline

806-352-2519

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

### La Leche League USA

877-452-5324

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

# Your Rights as a Breastfeeding/Chestfeeding Parent

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

## Breast Pumps

Under New York Insurance Law, insurers must cover maternity care including lactation support services such as counseling, education, and classes in breast- and bottle-feeding, and breastfeeding equipment such as pumps.

Call your insurance and ask how to get a breast pump. If they will not provide a pump, call the appropriate complaint line:

- Medicaid:  
1-800-206-8125
- Other insurances:  
1-800-342-3736

## BFREE

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

Contact us at [BFREE@northwell.edu](mailto:BFREE@northwell.edu) with any questions or comments!



Department  
of Health

Breastfeeding, Chestfeeding,  
and Lactation Friendly New York

## Online Resources

### Kelly Mom

<https://kellymom.com/>

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

### The Office of Women's Health

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

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

### Feeding Your Baby

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

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

### La Leche League International

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

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

### Phone Apps (available on iPhone and Android)

- **Baby Connect:** Helps parents and child care centers track daily activities and developmental milestones
- **Baby Nursing:** Helps families track baby's nursing progress, growth, diaper changes, doctor's visits, sleep, baths, medications, vaccinations and activity.
- **Baby Shushing:** Helps soothe fussy babies with rhythmic "shush" sound.
- **lrth:** lrth, 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.