

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,

A warm winter welcome from the BFREE Team! We hope you and your families are continuing to stay safe this holiday season. We are especially pleased to present the January issue of this newsletter.

This newsletter is a special one as this year, BFREE has reached a milestone of creating breastfeeding-friendly communities within the Long Island area for six years! For this special issue, we thought it would be best to highlight the progress we have made to date and take a moment to thank the groups, partners, and collaborators we have worked with.

We will begin by highlighting our partnerships. Our partners have been vital in helping create connections within our target communities and distributing our resources. We will then highlight our practices, worksites, and child care centers, respectively. BFREE works with these sites to establish a breastfeeding-friendly environment. We will then highlight the Baby Cafés we have opened and reopened over the years; these groups have served as a great source of support for community members. Additionally, we will feature one of our Baby Café Facilitators, Pat Esposito, and her experience working with breastfeeding in her career. Finally, we will touch upon some community initiatives we have led and/or participated in over the years.

We would like to thank the New York State Department of Health for funding this initiative through the "Creating Breastfeeding Friendly Communities" grant. This grant has allowed us to work towards establishing a breastfeeding-friendly care continuum through pregnancy, the postpartum period, and infancy to reduce racial, ethnic, and community disparities in breastfeeding.

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
Creating Breastfeeding Friendly Communities



*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.

Meet The BFREE Team



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Our Partnerships

Steering Committee

The BFREE Team established a Steering Committee composed of community members, breastfeeding experts, doulas, bilingual educators, a breastfeeding medicine physician, Clinical Quality Management and Performance Improvement personnel, WIC staff, and representatives from maternal and child health organizations, a disability advocacy group, and the women's health/county health departments. The BFREE Steering Committee meets quarterly with continued correspondence between meetings to provide us with feedback and to help us engage with the community. We are grateful for the valuable guidance and support from our Steering Committee.

Wyandanch Community Advisory Board (CAB)

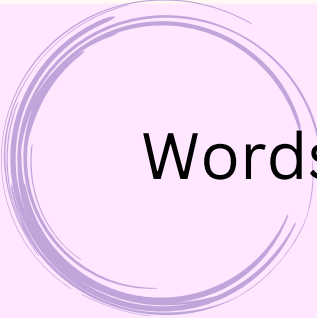
The BFREE team has been working with the Wyandanch Community Advisory Board (CAB) to help promote community health and breastfeeding outcomes among families and children in Wyandanch. Created in 2021 by the Long Island Chapter of the New York State Children's Environmental Health Centers (NYSCHECK), the CAB identifies and addresses the community health needs of regional children and youth. Beyond the BFREE Team, the CAB consists of a team of health care providers, educators, and community leaders and members that meet monthly to 1) identify local environmental hazards and community health resources 2) review strategies to reduce exposures to hazards and expand access to health resources, including through the CAB's periodic newsletter and 3) work with public health officials to reduce or eliminate sources of known pollution.

La Fiesta 98.5 FM

The BFREE team has collaborated with La Fiesta 98.5 FM, a radio channel that serves Spanish-speaking communities across eastern Long Island, to produce 15 on-air interviews in the span of our partnership. These interviews have shared the thoughts of bilingual lactation consultants, pediatricians, representatives from certified breastfeeding worksites, local community members and mothers, as well as other healthcare professionals to promote breastfeeding-friendly policies and education in Long Island. Some of our most recent topics have included: *The Cultural Influences on Breastfeeding in our Latino Community*, *Formula Shortages*, and *Breastfeeding Can Reduce Risk of Disease for the Mother*, among others. We are very thankful for the support of producer Jairo Zuluaga and radio hosts who have helped make these interviews a reality.

CCE Suffolk County

The BFREE team has worked with Cornell Cooperative Extension services in Suffolk County (CCE-Suffolk) to provide bilingual breastfeeding support within our Baby Cafés and breastfeeding programming. Through our collaboration with CCE-Suffolk, who provides us with a Spanish translator, we are able to create more accessible programming by offering Spanish translation during our prenatal classes and Spanish-translated versions of our breastfeeding resources. This has helped in taking steps toward eliminating gaps in lactation support services and overcoming challenges in the breastfeeding process. As part of the breastfeeding coalition, CCE-Suffolk also provides us with Spanish translation and support at community events.



Words from our Partners

"BFREE has been a great partner with our PICHC Program, and the Suffolk County Breastfeeding Coalition. They have collaborated on numerous outreach activities and events. And because of BFREE support we now have 2 Community Health Worker staff that received CLC training, which they use to help clients meet breastfeeding goals. Thank you!"

~ Ellen Higgins, LCSW

Director of Perinatal Health in Suffolk County

Cornell Cooperative Extension of Suffolk County is appreciative of being part of the BFREE Coalition Steering Committee, and to continue collaboration with the various community initiatives that promote and empower parents in every step of the breastfeeding experience. The diverse bilingual community we serve benefits immensely from the in person and virtual programs that BFREE offers through "Caring for Two" and Baby Café support groups, as well as in creating baby friendly worksites where mothers can have a dignified and safe lactation experience. We look forward to a continued partnership with this valuable initiative.

~ Marta B. Blanco MS, NDTR, CLC

Community Education Bilingual Lead Nutritionist
Cornell Cooperative Extension – Suffolk County

South Shore University Hospital would like to thank the BREE team for the tremendous impact they have had on our lactation program. One of the many things BFREE has done is supported us in becoming a breastfeeding friendly worksite. This program has made the transition back to work much less stressful for our lactating team members. In addition, they have helped fund and support our weekly Baby Café for our breastfeeding patients in the community. The Baby Café serves over 400 mothers annually, and the lactation support they receive is directly related to their breastfeeding success. Overall, BFREE has had the greatest impact on our Spanish breastfeeding community. Offering Spanish prenatal classes and postpartum breastfeeding support has been a huge help and relief!! This is something we have not had the resources for and we are truly thankful for their support. This collaborative team is enthusiastic and so resourceful!

~ Wendi Andria MSN, RNC-OB, IBCLC

Clinical Program Coordinator
South Shore University Hospital Northwell Health

16 Breastfeeding Friendly Designated Healthcare Practices

The BFREE team works across Long Island with a specific focus on Glen Cove, Islip, Southampton, and Wyandanch, all areas identified as less likely to breastfeed. The BFREE team has worked to designate **16** practices in these communities with NYS Breastfeeding Friendly Practice Designation. These practices have:

- Identified a Breastfeeding Champion
- Assessed the breastfeeding/chestfeeding environment using the NYS pre-assessment
- Trained their staff
- Created a lactation space
- Developed breastfeeding/chestfeeding policies approved by NYS
- Completed the NYS post-assessment
- Achieved NYS Breastfeeding Friendly Practice Designation

Designated Practices

- Allied Physician Group/Peconic Pediatrics
- Belinda Marquis, MD PC
- Cohen Children's Northwell Health Physician Partners General Pediatrics at Glen Cove
- Dolan Family Health Center
- The Family Medicine Ambulatory Care Center at Glen Cove Hospital
- Hampton Pediatrics, PLLC
- Northwell Health OB/GYN at Bay Shore
- Northwell Health Physician Partners Obstetrics and Gynecology at Islandia
- Pediatric Healthcare Solutions P.C.
- Southampton Pediatric Associates- Hampton Bays
- Southampton Pediatric Associates- Southampton
- Sun River Health Brentwood
- Sun River Health Kraus Family Health Center
- Sun River Health MLK Jr. Health Center
- Sun River Health Riverhead
- West Islip Pediatrics



26 Breastfeeding Friendly Recognized Worksites

The BFREE team has worked to establish **26** Breastfeeding Friendly worksites in these communities with Breastfeeding Friendly Worksite Recognition. These worksites have:

- Identified a Breastfeeding Champion
- Assessed the breastfeeding/chestfeeding environment using our pre-assessment
- Trained their staff
- Created a lactation space
- Developed breastfeeding/chestfeeding policies
- Completed our post-assessment
- Achieved Breastfeeding Friendly Worksite Recognition

Congratulations to our Newly Recognized Worksites!



Tiegerman Elementary and Middle School



Bay Shore Brightwaters Public Library

Recognized Worksites

Bay Shore-Brightwaters Public Library

Bay Shore Brightwaters Rescue

Ambulance, Inc.

Bay Shore WIC

Brentwood Public Library

Bridgehampton School District

Central Islip Public Library

East Islip Public Library

Glen Cove Hospital

GoHealth Urgent Care Bridgehampton

GoHealth Urgent Care Glen Cove

GoHealth Urgent Care Hampton Bays

GoHealth Urgent Care West Islip

Hauppauge WIC

Islandia Family Medicine

John Jermain Memorial Free Library

Lafrancis Hardiman Annex

Lafrancis Hardiman Elementary School

Milton L. Olive Middle School

Sachem Public Library

Salvadoran Consulate

Southampton Town Hall

South Shore University Hospital

Tiegerman Elementary School

Tiegerman Middle School

Wyandanch Memorial High School

YMCA at Glen Cove



13 Child Care Centers/Day Care Homes

The BFREE team has worked to designate **13** child care centers/day care homes as breastfeeding friendly in Glen Cove, Islip, Wyandanch, and Southampton.

Recognized Child Care Centers/Day Care Homes

Islip

- ABC Day Care of NY, Inc.
- Gift of God
- Kayla Group Daycare, Inc.
- Key to Little Hearts
- Kids Place Daycare
- Little Palace Day Care Inc.
- Small Blessings Daycare
- Tiny Treasures Childcare

Glen Cove:

- Glen Cove Child Day Care Center
- Glen Cove Harbor Child Care

Wyandanch

- Alternatives for Children

Southampton

- Childcare Center of the Hamptons
- Wuneechanunk Shinnecock Preschool



Visit to Little Palace Daycare in Islip during the Pandemic

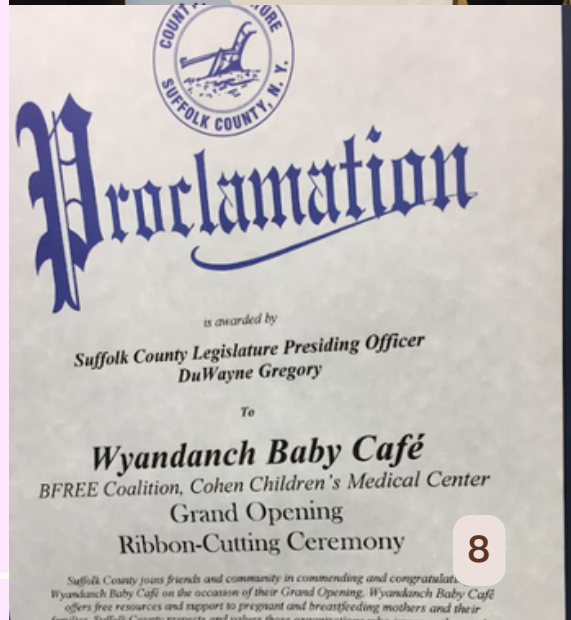
5 Baby Cafés

The BFREE team has worked to expand and establish 5 in-person Baby Cafés in Islip, Wyandanch, and Southampton. These include:

- Childcare Center of the Hamptons (Southampton)
- Family Service League Wellness Center (Islip)
- Gerald Ryan Outreach Center (Wyandanch)
- Pronto of Long Island, Inc. (Islip)
- South Shore University Hospital (Islip)

These lactation support groups are run by a lactation expert. We have also established virtual Baby Cafés both with Spanish and English sessions to ensure that mothers can receive support in the language they are most comfortable with. We would especially like to thank our facilitators for making these Baby Cafés possible:

- English Speaking
 - Karen Conrad, CBC
 - Pat Esposito, IBCLC
 - Alissa Licata, IBCLC
 - Jeanne Rosser, IBCLC
 - Maryjean Williams, CBC
- Spanish Speaking
 - Marta Blanco, CLC
 - Yezenia Chaparo, CBC
 - Paola Duarte, CLC
 - Sandy McCabe, IBCLC
 - Fadylla Saballos, IBCLC





babycafé



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: October 20 2022
November 3 and 17
December 1 and 15
January 5 and 19 2023
Time: 11:00am - 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:
<http://bit.ly/bfreezombabycafe>

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

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



babycafé



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: November 7 2022
November 21
December 5
January 9 and 23 2023
Time: 4:00pm - 5:30pm
Where: Iovino South Shore
Family Center
1444 5th Avenue
Bay Shore, NY 11706

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

All pregnant or breastfeeding moms and families are welcome. For more information, please call (631) 650-0061 or email emily.girgenti@fsl-li.org



babycafé



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: October 26 2022
November 9
December 7
January 11 and 25 2023
Time: 11:00am - 12:30pm
Where: Parish Hall Room #6
1434 Straight Path,
Wyandanch, NY 11798

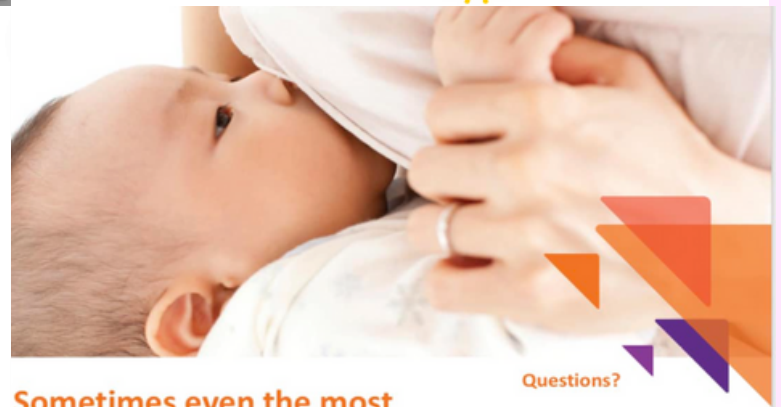
*Sessions will be held in
English, and a Spanish
translator will be available.

Wyandanch Breastfeeding Support
Facebook Group



<https://tinyurl.com/wyandanchbreastfeedingfb>

All pregnant or breastfeeding moms and families are welcome. For more information, please call (631) 643-7591 or email outreach@geraldryan.org



Sometimes even the most natural things in the world don't come naturally.

Learning to breastfeed can be challenging. Join us for a drop-in breastfeeding support group! These Baby Café sessions are open to all pregnant and breastfeeding moms and their families, with support provided by Board Certified Lactation Consultants. No registration is necessary.

Questions?

Please email SSUHLactation@northwell.edu or call our breastfeeding warm line at (631) 894-5282

When: Every Tuesday from 1:30-3:00pm
Where: 1933 Union Blvd., Bay Shore, NY 11706

First Time Attendees:



Client Registration - bc671

Baby Café Attendance:



Client Attendance - bc671

Baby Café Facilitator Feature

Pat Esposito



I am Pat Esposito. I am a Registered Nurse with a Masters Degree in Health Administration. I am also a Lamaze Certified Childbirth Educator, since 1978 and an International Board Certified Lactation Consultant, since 1998. I have served in the Maternal Child Health field for the majority of my career. In 2009, I retired from my 20 year Head Nurse position in the Labor and Delivery Unit at South Shore University Hospital (SSUH) in Bay Shore (formerly known as Southside Hospital). I presently work there as a per diem Lactation Consultant. I also facilitate 2 Baby Cafés, one on Tuesday afternoon sponsored by SSUH and the other on Tuesday evening for the BFREE TEAM through Northwell. I live in Blue Point with my husband. We have 4 children and 10 grandchildren. My family is my greatest accomplishment. I enjoy boating, kayaking, paddle boarding, gardening and mostly any outdoor activities.

I have always been an advocate for breastfeeding. I breastfed my 4 children at a time when it was not the most popular thing to do. I knew about the benefits of breastfeeding for both mother and infant and there was never a thought to feed my babies any other way. As Head Nurse in the Labor and Delivery Unit, I was able to influence the nursing staff and empower them to encourage breastfeeding. This is another practice that was not very well promoted by the medical community or the general population 20 years ago. However, it was my goal to educate and support pregnant and new mothers on their breastfeeding journey. This passion led me to prepare to become an International Board Certified Lactation Consultant. The more I knew, the more I could teach and support others.

Advice to New Mothers

My best advice to new moms is to **surround yourself with those who support your breastfeeding journey**. Hopefully, that will include their partners, family members, medical staff and a Breastfeeding Support Group. I advise mom and her partner, on discharge from the hospital, that she only has to do 4 things when she goes home: feed the baby, feed herself, sleep and shower. Her team should take care of all other chores. Some moms have an easy journey and others struggle. We are here to help you. Come to the Baby Café. Find your Village!

Breastfeeding Misconceptions

One of the biggest misconceptions regarding breastfeeding is the belief that the longer you go between feedings or pumping, the more milk you will have. **I educate breastfeeding mothers to the fact that the more often you empty the breast, the more milk you will make.** The empty breast signals the body to make more milk. The full breast turns off that signal.

Support and guidance for the breastfeeding couple has greatly improved in our country since I entered the health field as a nurse, but we still have a long way to go. Until it becomes the norm, our journey continues.

Community Engagement

First Food Wyandanch

Our First Food Wyandanch pilot led to the creation of a Baby Café at the Gerald J. Ryan Outreach Center, facilitated by Jeanne Rosser, IBCLC. The implementation of the pilot was made possible through working with our two community ambassadors, Lizeth Villa and Sa'adia Taylor. Through this pilot, we aimed to survey the Wyandanch community to see what types of support they needed. We set up table events, such as at supermarkets, to conduct these surveys. Through analysis of the survey responses, there was a community need for a mother's support group, which is why a Baby Café was established. Our community ambassadors have created a Facebook group and window clings to place in business's windows to further help promote this group so that the lactation/mothers group can be sustainable in the community and offer continued, needed support.



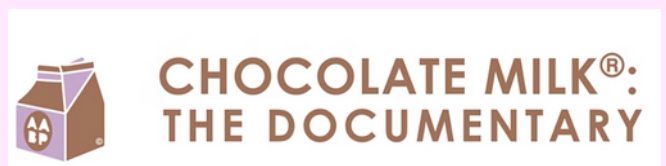
Pronto Community Day:

Our BFREE members attended the Pronto Community Day over the Summer of 2022. This event had various groups come together to provide resources and support people in the community. The BFREE team set up a table and distributed resources surrounding breastfeeding as well as our virtual lactation support groups and prenatal classes.



Chocolate Milk:

At the end of August 2022, the BFREE Team hosted a free virtual film screening and panel discussion of the Chocolate Milk documentary, which examines how race and sex influence breastfeeding in Black parents. After participants watched the film, we hosted a discussion in which our moderator, Adesuwa Watson, asked questions to our panelists, Dr. Joynetta Bell Kelly, Janice Campbell, and Makeetah Cochy. As the panelists shared their perspectives, we learned more about obstacles black and brown parents encounter in working towards their breastfeeding goals.





To our Partners and Readers,

THANK YOU

We appreciate you and your continued support

babycafé



BFREE: BREASTFEEDING RESILIENCY, ENGAGEMENT, AND EMPOWERMENT

FREE VIRTUAL BREASTFEEDING SUPPORT

Everyone is invited to FREE weekly breastfeeding 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**
<http://bit.ly/bfreezoombabycafe>

 **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 to 8 pm
 Every Thursday 12 to 1 pm

Sessions in Spanish:
 Every Tuesday 6 to 7 pm

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




Creating Breastfeeding Friendly Communities

babycafé



BFREE: BREASTFEEDING RESILIENCY, ENGAGEMENT, AND EMPOWERMENT

APOYO VIRTUAL GRATUITO PARA LA LACTANCIA

¡Todos están invitados a grupos de apoyo a la lactancia materna GRATUITOS y semanales para las futuras y nuevas madres (y sus familias)! Sesiones están disponibles en inglés y español. Sesiones completamente en español son dirigidas por profesionales en lactancia bilingües y biculturales.

Únase por:

 **EQUIPOS DE ZOOM**
<http://bit.ly/bfreezoombabycafe>

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

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

Sesiones en Inglés:
 Todos los martes 7pm-8pm
 Todos los jueves 12pm-1pm

Sesiones en Español:
 Todos los martes 6pm-7pm

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




Creating Breastfeeding Friendly Communities

Join us for BFREE Breastfeeding Support Group (Baby Cafés)!

Tuesdays

6-7pm (Spanish):
<http://bit.ly/bfreezoombabycafe>

7-8pm (English):
<http://bit.ly/bfreezoombabycafe>

Thursdays

12-1pm (English): <http://bit.ly/bfreezoombabycafe>

Join us for BFREE Prenatal Class (Caring for Two)!

1st Thursday of Every Month
 12-1:30pm
 (English, Spanish translation available)
<http://bit.ly/bfreezoombabycafe>

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