Breast Milk is the Best Milk

What is breast milk?
Human breast milk is the milk made by a woman’s body to provide her baby with nutrition. It is rich in nutrients and helps keep babies healthy.

Is breastfeeding for me?
Deciding to breastfeed is the obvious choice for some women. However, others may lack information and/or support, making it difficult for some moms to make healthy decisions for themselves and their babies.

Breastfeeding Benefits
Breast milk:

▪ Has all the nutrients, calories, and fluids your baby needs to be healthy
▪ Helps protect your baby from many diseases and infections
▪ Doesn’t need to be purchased or prepared
Breastfeeding Roadblocks
For some women breastfeeding can be challenging. Women fear they may encounter roadblocks such as:

- Pain associated with breastfeeding
- A lack of information and support
- Interference from hospitals after a caesarean section
- The balance of returning to work or school and breastfeeding
- Not knowing if they can still breastfeed while on medication
- Embarrassment from breastfeeding in public
- Not producing enough milk

However, with the proper support and breastfeeding counseling, most women experience breastfeeding success.

Where can I get breastfeeding help?
If you or someone you know needs help breastfeeding, ask your medical provider and use the Breastfeeding Support & Resource Guide.

Referral Information and Resources
- Suffolk Perinatal Coalition
  Patchogue, NY
  631-475-5400
  www.spcbabies.org
- Suffolk County WIC Program Administrative Office
  631-853-3014

Stork’s Message
Myth: Breastfeeding is painful.
Fact: Breastfeeding should never cause anything more than minor discomfort initially. Any pain that continues past the first few days of nursing may be caused by a blockage or poor latching on, which can both be easily fixed.
(La Leche League International, 2006)
Breastfeeding Tips
Many women would rather not have an audience when nursing. In a perfect world your baby will only want to nurse when you are home, sitting on your couch. However it is not a perfect world, and situations may arise when you will have to nurse your baby in public. Being discreet in public or around people can be a challenge but there are ways to keep you comfortable and your little one full.

The Tank Tip
Wear a tank top that can be easily pulled down under all your shirts. You can easily lift up your shirt, pull the tank down and nurse discreetly. This system allows you to keep covered without having something over your baby’s head. It is like making a baby sandwich between your two shirts.

Dining Discreetly
When eating at a restaurant ask to sit in the most private place available. Try to avoid sitting in a high traffic area. Sitting in a booth is ideal because the seat can act as support when holding your baby to nurse.

Educating the Embarrassed
You may find yourself in a social setting where people become uncomfortable when you are nursing. A good way to ease some tension is to inform people that what you are doing is what is best for your baby. Try using humor to break the ice, for example, “I guess he felt left out that everyone was eating.” People will not only learn from you but also feel a little less uncomfortable.
Know Your Rights!
Knowing your rights can protect you from unjust or unlawful treatment. New York State has implemented several laws that protect women who choose to breastfeed. Section 79-e of the New York Civil Law permits or allows a mother to breastfeed her child in any public or private location. Section 206-e of the New York State Labor Law prohibits discrimination against breastfeeding mothers. The law states that employers must allow breastfeeding mothers reasonable unpaid break times to express milk, as well as make a reasonable attempt to provide a private location for breastfeeding mothers. Enhancing your knowledge of breastfeeding rights can be both rewarding and empowering.

Suggested Readings
▪ The Womanly Art of Breastfeeding 8th Edition
  (La Leche League International Book)
▪ Breastfeeding With Confidence: A Practical Guide
  Author: Sue Cox
▪ Breastfeeding Made Simple:
  Seven Natural Laws for Nursing Mothers
  Authors: Kathleen Kendall-Tackett Ph.D. IBCLC and
  Nancy Mohrbacher IBCLC
  Jack Newman MD (Foreward)

Stork’s Message
Myth: Breastfeeding mothers should wait until their breast refill before resuming feedings.
Fact: The emptier the breast, the faster the body makes milk to replace it.
(La Leche League International, 2006)
Breastfeeding Counseling Providers
- The Nurturing Way / Katherine Koncelik CPD (CAPPA)
  East Islip, NY / 631-581-1066
- Doula Network of Long Island
  Deborah Rotunno CD (DONA) CLD (CAPPA)
  631-581-1439
- Long Island Birth Focus / Linda Cohen, CCE
  631-253-2412
- Our Village Doula Services
- Mom to Mom Doula Services / Gayle Eckey, LMT
  Sag Harbor, NY / 631-899-3574
  www.momtomomdoula.com
- For Breastfeeding and Nutrition education classes contact:
  Dr. Zahrine Bajwa Cornell University Cooperative Extension
  zbl12@cornell.edu / 631-727-7850 x 347
- The Breastfeeding Medicine Center –
  A Division of Allied Pediatrics of New York
  lactationconsultant@alliedpeds.com / 866-621-2769

Suffolk County Board Certified Lactation Consultants
- Bellies and Babies, Inc. / Loes Lindsey, RN, BS
  631-487-7130 / www.belliesandbabies.org
- Linda Herman, RN, IBLCLC, RLC / 631-491-3866
- Lucia Barthes, MA, IBCLC – Miller Place, NY / 631-331-3872
- Grace Harold, RN, BSN, IBCLC, CLE, CCE
- Jeanne Rosser, BA, IBCLC, RLC – Amityville, NY / 516-449-8776
- Candy Fahner RN, BSN, IBCLC, RLC
  Smithtown, NY / 631-543-9469
  East Patchogue, NY / 631-730-2993
- Linda Stopsky, RN, LCCE,IBCLC / 631-580-0462
- Maura Carroll, RN, BSN, IBCLC
  Islip, NY / 631-277-0497 or 631-235-6065
- Maria Fisher, CNM, MSN, MPH, IBCLC
  Babylon, NY / 646-456-6249
- Amanda Giaccone RN, IBCLC
  Northport, NY / 631-239-6892
- Jennifer Shaer MD, FAAP, IBCLC
  Riverhead, NY / 631-722-8880

“I receive breastfeeding support
and peer counseling
though my local WIC office at no cost to me!”
Breastfeeding Support & Resource Guide

La Leche League International
800– LALECHE (525-3243) ~ www.LLLI.org

Babylon/Lindenhurst
▪ 646-294-6592
▪ 631-581-4061
▪ 631-264-9539
▪ 631-661-2448
▪ 631-957-5711
▪ 631-839-0757

Southeast Suffolk
▪ 631-730-5666
▪ 516-635-4692

North Shore
▪ 631-675-2506
▪ 631-642-8121
▪ 631-473-1256
▪ 631-246-8768
▪ 631-331-3872
▪ 631-265-2831

Southampton
▪ 631-653-6535

Greenport
▪ 631-477-5914

Lake Ronkonkoma
▪ 631-928-6056

Breastfeeding Support & Peer Counseling
Suffolk County Department of Health WIC Locations
▪ Huntington Hospital
  Huntington, NY / Ethel Galea / 631-351-2358
▪ St. Charles Hospital / Eileen LaMana
  Port Jefferson, NY / 631-474-3700
▪ St. Catherine of Siena / Smithtown, NY
  Jennifer L. Giordano / 631-862-3146
▪ Northshore Lj--Southside Hospital
  Bayshore, NY / 631-968-3311
▪ Siena Village – Smithtown, NY / 631-870-3444
▪ Long Island Doula Association – Farmingdale, NY / 631-574-2205
  www.lidoulas.com / contact LIDA @info.lidoulas.com

Suffolk County DOH Service & WIC Certified Lactation Consultants
▪ Loraine Stamm, BA, CLC
  Amityville, NY
  631-854-1033
▪ Laurie Johnson, RD, CDC, CLC
  631-854-1219
▪ Rose Hanna, BS, RD, CLC
  Riverhead, NY 631-852-1811 or Southhampton, NY
  631-852-8826
▪ Anne Marie Orlowski, RD, MS, CDC, CLC
  631-853-8265
▪ Lynne DiGiuseppe, RD, CLC
  Southampton, NY
  631-852-8826
▪ Shirley, NY
  631-852-1026
▪ Linda Ehrenshaft, RD, CLC
  Brentwood, NY 631-853-3440
▪ Cindy Salvato, RD, CLC
  Brentwood, NY 631-853-3440
▪ Anne Conde RD, CDC, CLC
  Amityville, NY
  631-854-1087
▪ Robin O. Blocker, RD, MA, IBCLC
  631-853-8387

Did you know…
...that breastfeeding burns calories and can help you lose the weight you gained during your pregnancy?
Online Breastfeeding Support and Resources

- The National Women’s Health Information Center/1-800-994-9662 – www.womenshealth.gov/breastfeeding/
- Lamaze International – www.lamaze.org
- Breastfeeding America – www.breast-feedingamerica.com
- March of Dimes – www.marchofdimes.com
- National Healthy Mothers Healthy Baby Coalition www.hmhb.org

Multicultural Online Breastfeeding Resources

- Hispanic Health Council www.hispanichealth.com/hhc/breastfeeding
- Blacktating: Breastfeeding News and Views from a Mom of Color www.blacktating.com
- Breastfeeding Success | You can Do It! – www.breastfeedforall.org
- Attachement Across Cultures www.attachmentacrosscultures.org/resource/index.html

Did You Know?
The town of Islip’s Long Island MacArthur Airport has a Mother’s Room. For more information, please visit http://www.flylima.com/hospitalityservices/mothersroom.

This directory is not intended as a medical advice. It was written for informational and educational purposes. If you have any medical concerns, please seek the advice of your healthcare provider.

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