



# Nassau County Breastfeeding Resources

\*Indicates that the organization offers free or reduced cost resources

Ask provider if they plan on emailing or handing out this list—if handing out must make links readable.

## Breastfeeding Counseling Providers

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### Allied Breastfeeding Support

- Information, free phone counseling, classes, home/office visits
- Contact: 1-866-621-2769, press 2, then press 1 for New Hyde Park Office visits, 2 for Riverhead Office visits, 3 for phone line lactation support
- [www.alliedbreastfeeding.com](http://www.alliedbreastfeeding.com)
- [lactationconsultant@alliedphysiciansgroup.com](mailto:lactationconsultant@alliedphysiciansgroup.com)

### Long Island Lactation Consultant Association

- Lactation consultant contact information, breastfeeding support groups
- [www.lilca.org](http://www.lilca.org)

### Long Island Doula Association \*

- Contact: 631-574-2205 | [info@lidoulas.com](mailto:info@lidoulas.com)
- Doula services, breastfeeding support, and childbirth education classes
- LIDA has a Families in Crisis Fund that helps those with limited resources access their services
- [www.lidoulas.com](http://www.lidoulas.com)

### Visiting Nurse Service of New York: Nurse Family Partnership \*

- Contact: 516-942-4580
- A free visiting nurse service available to eligible women from pregnancy through 2 years after birth. Call to determine eligibility.
- [www.nursefamilypartnership.org](http://www.nursefamilypartnership.org)

## Breastfeeding Education Classes

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### Breastfeeding Resources

- Classes are located in Manhasset, NY and taught by Beverley Rae, MSW, IBCLC. Visit the [website](#) for more details.
- Contact: Beverley Rae | 516-365-4877 or [info@breastfeedingresources.net](mailto:info@breastfeedingresources.net)

### Local Hospitals and Medical Centers

#### Long Island Jewish Hospital (New Hyde Park)

- Contact: 718-470-5173
- Classes on the 2<sup>nd</sup> Tuesday of every month, find schedule and register on hospital's event [website](#).
- Cost: \$65, couple
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#### North Shore University Hospital (Manhasset)

- Contact: 516-881-7000
- Classes are offered twice a month, find schedule and register on hospital's event [website](#).
- Cost: \$50 individual, \$65 couple

#### Mercy Medical Center (Rockville Centre)

Couldn't find what you were looking for? One of these resources didn't work?

Contact: [BFREE@northwell.edu](mailto:BFREE@northwell.edu)

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- Breastfeeding class is incorporated into Childbirth Preparation class
- Classes are offered the 4<sup>th</sup> Saturday of every month
- Contact: 516-62MERCY (516-626-3729) for information

## South Nassau Communities Hospital (Oceanside)

- Contact: 516-377-5310, registration required
- Preparation for Breastfeeding Classes monthly on Mondays or Saturdays, schedule available on [website](#) (search for 'breastfeeding').
- Cost: \$30
- Also available: Breastfeeding and Working Classes once per quarter, Saturday from 1 – 3PM, \$20 if taking Preparation, \$30 if not

## Winthrop Hospital Breastfeeding Class (Mineola)

- Contact: 516-663-2858
- Classes are offered 3 times a month on weekend nights or weekend days.
- Cost: \$60
- Please see [website](#) for more details and registration instructions.

## Breastfeeding Support & Peer Counseling

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### La Leche League USA Breastfeeding Helpline

- Helpline for mothers with breastfeeding questions, 24/7
- 1-877-452-5324
- English and Spanish

### Breastfeeding Warmline Phone Support

- Allied Breastfeeding Support: call for timely advice and referrals
- 1-866-621-2769

### South Nassau Communities Hospital Phone Support Line

- For general breastfeeding support and resources available through the hospital
- 516-632-3466

### National Breastfeeding Helpline

- The US Office on Women's Health phone line, Mon-Fri; 9AM-6PM EST
- 800-994-9662
- English and Spanish

### InfantRisk Center Helpline

- Gives up-to-date information on the use of medications during pregnancy and breastfeeding
- 806-352-2519
- English and Spanish

## BREASTFEEDING SUPPORT GROUPS

### La Leche League of Baldwin/Freeport \*

- Monthly meetings on the second Wednesday of the month at Unitarian Church 228 South Ocean Ave

Couldn't find what you were looking for? One of these resources didn't work?

Contact: [BFREE@northwell.edu](mailto:BFREE@northwell.edu)

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# Nassau County Breastfeeding Resources

- Please see [Facebook](#) group for more details or call Mary at 516-868-4088.

## La Leche League of Seaford

- Monthly meetings of the second Tuesday of the month at 8:15 pm
- Please see [Facebook](#) group for details or call 516-826-5110.

## La Leche League of West Nassau and East Queens

- Please join [Facebook](#) group for more information.

## Mercy Medical Center (Rockville Centre)

- Weekly meetings on Wednesdays at 10:30 in St. Anne's Center
- Contact: 516-705-2434

## LIJ Hospital, Northwell Health (New Hyde Park)

- Monthly meetings on the 2<sup>nd</sup> Tuesday of the month from 11am-12pm in Katz Women's Center (Patient & Family Education Center, Conference Room T132)
- Contact: 718-470-5173 (registration is required)

## South Nassau Communities Hospital

- Meetings on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday every month at 10:30am in the Lactation Resource Center in Baldwin, NY
- Contact: 516-377-5310, see [website](#) for more details and schedule (search for 'breastfeeding').

## Breastfeeding Resources

- Beverley Rae, MSW, IBCLC
- Manhasset, NY (516) 365-4877
- The breastfeeding support group meets twice a month. Visit [website](#) for more information and schedule.

## Lakeshore Lactation Center

- Located in Massapequa, NY
- Contact: 516-799-7911
- Monthly, either Wednesday (1-2:30) and Friday (5-6:30)
- Times are available on [Facebook](#)

## Winthrop University Hospital

- Weekly meetings on Wednesdays in Garden City from 1 to 3pm
- Contact: 1-866-946-8476 (registration required)
- Please see [website](#) for more details and registration instructions.

## North Shore University Hospital (Manhasset)

- Weekly meetings Tuesdays at 10am in Katz 4<sup>th</sup> Floor Visitor's Lounge
- Contact: 516-562-4447, registration is required

This list was developed with the help of the **Long Island Lactation Consultants Association**. Please check their [website](#) for updates.

## ORGANIZATIONS

### Nassau County Department of Health WIC Locations \*

WIC [Website](#)

- **Nassau County DOH** – 200 County Seat Drive, Mineola, NY 11581 | 516-227-9453
- **Hempstead WIC** – 160 North Franklin Street, Hempstead, NY 11550 | 516-572-0942
- **Glen Cove WIC** – 110 School Street Glen Cove, NY 11542 | 516-571-1942

### New York Lactation Consultants Association

- Find a lactation consultant for home visits, office visits, breastfeeding groups, prenatal classes
- More details are available on their [website](#).

Couldn't find what you were looking for? One of these resources didn't work?

Contact: [BFREE@northwell.edu](mailto:BFREE@northwell.edu)

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## Breastfeeding Referral

### Suffolk Perinatal Coalition

- Patchogue, NY
- 631-475-5400
- [www.spcbabies.org](http://www.spcbabies.org)

### Nassau County WIC Program Administrative Office

- 516-227-9453

## Directory of Lactation Consultants

Unfortunately, this part of the list will be removed as per Northwell guidelines on the final lists that will be provided for sites. However, we would like to give practitioners a list of IBCLCs they could make referrals from, even if we cannot make it a part of this resource list.

Please visit LILCA for a list of lactation consultants in your area or ask your provider for a referral.

### Suffolk County International Board Certified Lactation Consultants (IBCLC)

- Wendi Andria, RNC-OB, IBCLC  
Islip, NY 631-707-6598  
Private Lactation
- Deborah Bouchard RN, IBCLC, RLC  
[Allied Physicians Group, PLLC](#)  
Riverhead, NY (631) 722-8880  
Call for: Office visits (can be covered by insurance)
- Jennifer Giordano, MS, APRN, FNP, IBCLC  
[Latch with Love, INC](#)  
Setauket, NY (631) 255-8234  
[rnjenn72@optonline.net](mailto:rnjenn72@optonline.net)  
Call for: Home visits, office visits, pump rentals, postpartum depression support group
- Katherine Konecelik, CBD, CPD, CLC  
The Nuturing Way  
631-398-9509/631-581-1066  
Serving Nassau and Suffolk Counties since 1994  
[www.doulanetworkofli.com](http://www.doulanetworkofli.com)
- Danielle Joesph-McKay, LCCE, CCE, IBCLC  
(631) 572-8916, Nassau and Suffolk  
Home visits, free phone support
- Jeanne Rosser, IBCLC  
Amityville, NY (516) 449-8776  
Nassau/Suffolk  
[West Suffolk Lactation Consultants](#) , [Allied Physicians Group](#)  
Call for: Home visits, office visits (insurance accepted)  
[lactationconsultant@alliedphysiciansgroup.com](mailto:lactationconsultant@alliedphysiciansgroup.com)
- Jennifer Shaer MD, IBCLC, FABM  
Lisa Visentin MD, IBCLC  
Peconic Pediatrics and Breastfeeding Medicine  
Allied Physicians Group  
34 Commerce Dr. suite 2  
Riverhead, NY 11901  
631-722-8880  
[www.peconicpediatrics.com](http://www.peconicpediatrics.com)
- Susan Silberger, BA, IBCLC, RLC  
[Oak Leaf Lactation](#)  
Nassau/Suffolk (516) 650-1634  
Home/Office Visits, Classes, some insurance accepted
- Joan Benken, IBCLC  
Work: 631-548-6290  
Home: 631-765-5619, [rnjmb@aol.com](mailto:rnjmb@aol.com)  
Call for: home visits in Eastern Suffolk





# Nassau County Breastfeeding Resources

- Christine Pfundstein, RN, CCE, IBCLC  
Suffolk (516) 521-2038 or email  
[childbirthRN@verizon.net](mailto:childbirthRN@verizon.net)  
In-home lactation visits, childbirth & CPR  
classes  
[www.childbirthRN.com](http://www.childbirthRN.com)

## Nassau County IBCLCs

- Beverley Rae, IBCLC, RLC, MSW  
[Breastfeeding Resources](#)  
Manhasset, NY (516) 365-4877  
Home/Office visits, pump rentals, prenatal  
classes, support group
- Joy Padula, RN, IBCLC  
[Bellmore Lactation Services](#)  
Bellmore, NY (516) 728-4336  
Call for: Consultations, pump rentals  
[nater2210@live.com](mailto:nater2210@live.com)
- Donna Kimick, IBCLC, RLC  
[Lakeshore Lactation Center](#)  
Massapequa Park, NY (516) 799-7911  
Call for: Consultations and pump rentals  
[donnakimick@gmail.com](mailto:donnakimick@gmail.com)
- Lauren G. Macaluso, MD, IBCLC, FAAP,  
FABM  
[Macaluso Medical](#)  
New Hyde Park, NY (516) 498-2300, press 2  
Call for: Office visits, pump rental (most  
insurances accepted)
- Caryn Winkler-deBrauwer, BA, IBCLC, RLC\*  
Gentle Nurture Lactation  
Oceanside, NY (516) 647-4808  
Home visits/pump rentals  
English/Spanish, sliding scale payments,  
discount for military families  
[debrauwerec@gmail.com](mailto:debrauwerec@gmail.com)

- Jeanne Dejak RN, IBCLC  
East Rockaway, NY (516) 599-4742  
[jeannedejak@msn.com](mailto:jeannedejak@msn.com)  
Pump rentals, prenatal classes
- Sandy McCabe, RN, BSN, IBCLC, CCE  
[Natural Breastfeeding LLC](#)  
Nassau, Queens, Manhattan  
(516) 382-6901  
Home visits  
English/Spanish
- Debbie Steger-Cohen, IBCLC, MSN, CCE  
Great Neck, NY 516-343-6058  
Nassau, Suffolk, Queens  
Home visits  
English/Spanish, offers superbill for  
insurance
- Michelle Turner, CPNP, IBCLC  
[ProHEALTH Care Associates](#)  
Lake Success, NY (516) 622-7337, press 4  
Office visits, pump rental
- Kathleen Waldow, RN, BSN, IBCLC  
[Perpetua Lactation Services](#)  
Floral Park, NY (516) 500-3732  
[kathleenwaldow@gmail.com](mailto:kathleenwaldow@gmail.com)  
Home/office/hospital visits, telephone  
consultations
- Janice R. Campbell, MSN, RN, LCCE, IBCLC  
Rockville Centre, NY (516) 442-0563  
Home visits  
[www.lactationtime.com](http://www.lactationtime.com)  
[contact@lactationtime.com](mailto:contact@lactationtime.com)  
English, Spanish, Portuguese

This list was developed with the help of the **Long Island Lactation Consultants Association**. Check their [website](#) for updates.

## Pump Rental

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# Nassau County Breastfeeding Resources

Hospitals and other care providers, including many of those listed above have access to breast pumps for rent. Ask any of them for information or visit the following websites:

## [Medela Breast Pumps](#)

- Choose your insurance (e.g. "NYS Medicaid") and "New York" to see options

## [Ameda Breast Pumps](#)

- Website provides information and allows you to search for supply stores near you

[Better Living Now](#) and [Hampton Homecare](#) also supply these breast pump brands with the option of going through insurance.

## Milk Banking

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Long Island has several milk banks where mothers can donate or receive breast milk. Visit the New York Milk Bank's [website](#) or call one of the Milk Depots on Long Island for more information:

### **Macaluso Medical**

1575 Hillside Avenue Ste.  
New Hyde Park, NY 11040  
516.498.2300

### **Peconic Pediatrics and Breastfeeding Medicine**

34 Commerce Drive, Ste. 2  
Riverhead, NY 11901  
631.722.8880

## Online

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- [Feeding Your Baby](#)
  - Feeding Your Baby is a place for new mothers to learn about infant nutrition. There are 6 units that match important stages in your baby's first 6 months of life. This useful information and nutrition advice will help you get the most out of the experience of feeding your baby.
  - English/Spanish
- [Healthy Children \(American Academy of Pediatrics\)](#)
  - Healthy Children is the American Academy of Pediatrics (AAP)'s website for parents and families. This page lists all the articles they have about breastfeeding that can answer many of families most frequent questions, as well as some less common ones that may arise. Browse through the alphabetical list of topics for the information you are looking for or search for something specific in the top right corner of the page. However you decide to find the information, know that the recommendations are backed by science and have been verified by leading pediatricians in the field.
  - English/Spanish
- [Breastfeeding: New York State Department of Health](#)
  - The New York State Department of Health's quick guide to the benefits of breastfeeding with helpful links and information about government programs to support and protect breastfeeding (WIC, Breastfeeding Mother's Bill of Rights, etc.). They also have lists of Breastfeeding Friendly Practices and Child Care Centers as well as Baby Friendly Hospitals.



# Nassau County Breastfeeding Resources

- [Kelly Mom](#)
  - From the website: “This website was developed to provide evidence-based information on breastfeeding and parenting. I am the mother of three lovely children, and I am an International Board Certified Lactation Consultant (IBCLC). I hope that my articles are helpful and encouraging.”
- [Women, Infants, and Children \(WIC\)](#)
  - The Women, Infant, and Children (WIC) program’s breastfeeding page. The WIC program prioritizes supporting mothers in reaching their breastfeeding goals.
- [The Office of Women’s Health: Department of Health and Human Services](#)
  - The Office of Women’s Health is part of the Department of Health and Human Services and provides information and resources about breastfeeding on this page, including a section specifically targeted towards mothers returning to work. They also have a [page](#) specifically dedicated to information for African American mothers.
  - English/ Spanish
  - The Office of Women’s Health also has a list of [online videos](#) available to families.
- [Lamaze](#)
  - Lamaze is a nonprofit organization that provides information for families from pregnancy through early parenthood. The website has more information about pregnancy, but several pages about early parenthood and breastfeeding. They have weekly email newsletters customized to your due date, a mobile app, a video library, and many other resources.
  - English/some Spanish
- [Text-4-Baby](#)
  - Sign up for informational texts about nutrition, safe sleeping, breastfeeding advice, and many other topics. You can also input doctor’s appointments so that you will get reminder texts.
  - English/ Spanish
- [March of Dimes](#)
  - March of Dimes is a nonprofit organization whose goal is to prevent premature birth, infant mortality, and birth defects through research, promotion, and education. On their website, the “Health Topics” page provides links to many different topics related to pregnancy and early parenthood, including several breastfeeding pages and videos.
- [La Leche League International](#)
  - La Leche League International—their local chapters are listed above under support groups, but their webpage also provides a wealth of valuable information as well as mother-to-mother forums, FAQ-Answer pages, and podcasts.
  - Multiple Languages
- [LactMed](#)
  - The LactMed® database contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Suggested therapeutic alternatives to those drugs are provided, where appropriate.
- [The Center for Disease Control and Prevention](#)
  - The CDC has basic information about breastfeeding, including the safety of vaccinating pregnant women, traveling and breastfeeding, and other helpful information about breastfeeding and disease prevention. They also have a [page](#) with the most up-to-date guidelines and recommendations regarding breastfeeding, such as [Proper Handling and Storage of Human Milk](#) and [Vitamin D Supplementation](#).
- [Human Milk Banking Association of North America](#)
  - This website will answer questions about human milk banking and direct to the locations of human milk banks in North America. See



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- [USDA Choose My Plate: Breastfeeding](#)
  - This website, provided by the US Department of Agriculture, has nutrition tools to help you to eat right during pregnancy and lactation so that both you and your baby can stay healthy.

## Mobile Applications

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- [The Bump](#)
  - Provides personalized information about pregnancy and breastfeeding from a team of experts. It allows you to track your progress through pregnancy with interactive, personalized checklists and timely information.
  - Cost: Free
  - Available for [iPhone](#) and [Android](#)
- [Ovia Health](#)
  - Ovia has multiple apps for those trying to get pregnant, pregnant women, and new families. “Ovia Baby” is most relevant to breastfeeding and allows the user to track their baby’s growth and milestones. The apps include articles and tips as well as an online community to answer questions and provide expert support.
  - Cost: Free
  - Available for [iPhone](#) and [Android](#)
- [Moms Pump Here](#)
  - Identifies nearby public lactation rooms and lactation pods based on user’s location. Users can find, rate, and share these locations, and the app also includes health and wellness tips on baby care, parenting, motherhood, and post-pregnancy.
  - Cost: \$0.99
  - Available for [iPhone](#) and [Android](#)
- [latchME](#)
  - This app is for helping mothers achieve their goal of breastfeeding for a full 12 months. It connects users to breastfeeding resources, such as nearby experts, public places to feed, places to buy pumps, etc. based on their location. It also connects users to each other in an online community for breastfeeding support.
  - Cost: Free
  - Available for [iPhone](#) and [Android](#)
- [BabyNursing](#)
  - This app helps families track baby’s nursing progress, growth, diaper changes, doctor’s visits, sleep, baths, medications, vaccinations and activity.
  - Cost: Free
  - Available for [iPhone](#) and [Android](#)
- [LactMed](#)
  - This app allows users to search through “LactMed”, a database of medications and dietary supplements that breastfeeding women may be exposed to. It includes reliable information on how these drugs affect breastfeeding and breast milk, as well as alternatives to certain medications that may be more appropriate for breastfeeding women.
  - Cost: Free
  - Available for [iPhone](#) and [Android](#)
- [Breastfeeding Central](#)
  - This app, created and maintained by a New York based International Board Certified Lactation Consultant (IBCLC), is a guide for breastfeeding including how to prepare for breastfeeding during pregnancy, how to get started, how to manage the first months of





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nursing, and returning to work. It includes a “common difficulties” section to help with any problems that may arise.

- Available for [iPhone](#)
- Cost: \$3.99
- [Sprout Baby](#)
  - This app helps families record growth and feedings, diaper changes, medical profiles, and memories of their baby’s early life. It includes daily tips and a pumping tracker, and can help manage multiples and introducing the baby to solid food.
  - Cost: \$4.99 or free with in-app purchases
  - Available for [iPhone](#)
- [MyMedela Breastfeeding Companion](#)
  - This app, developed by a breastfeeding pump company, connects via bluetooth to the Sonata pump from the company to give real-time information about pumping sessions. The app also includes tools for tracking baby’s growth, sleep and diaper changes, as well as breastfeeding and pumping tips. Also includes a “Confidence Assessment” tool to help moms understand their own breastfeeding style and get personalized tips and information.
  - Cost: Free
  - Available for [iPhone](#) and [Android](#)