



Breastfeeding Information

& Education Guide

Congratulations

Welcome To

Katz Women's Hospital

A Division of North Shore University Hospital

You have made a healthy choice to breastfeed your baby. Katz Women's Hospital is dedicated to making your breastfeeding experience the very best it can be. Our trained nursing and lactation consultant staff apply the most current research available to our recommendations of care. Our goal is to help **you** get breastfeeding off to the best start possible and to avoid common complications.

We look forward to seeing you!

Dawn Frank, RN, BSN, IBCLC

Rona Bielik RN, BSN, IBCLC

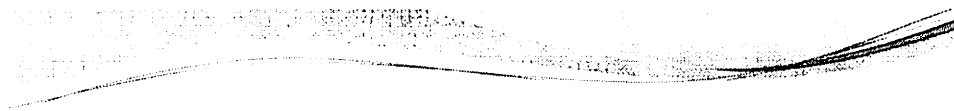
Andrea Callaghan RN, IBCLC

Graham Strigaro RN, IBCLC

Lactation Office Help Line 516-562-4447

Please partner with us at NSHS to better prepare our patients for achieving their breastfeeding goals!

- Encourage pts to take our prenatal breastfeeding classes
www.northshorelij.com/hospitals/community
Call to register: 516-881-7000
- Encourage pts to seek Breastfeeding Education /Information packet on NSHS web site
- Encourage pts to access Mobile Milk a free APP from the NYS Dept of Health <http://www.nyc.gov/html/doh/pregnancy/html/after/mobile-milk.shtml>



Breastfeeding Patients

- Will be provided with information for informed decision making
- Will be informed of the impact of various common interventions that undermine successful breastfeeding and the impact of formula upon overall infant health
- Will be provided with environment that support successful breastfeeding based upon evidenced based guidelines and best practices

The Katz Women's Hospital at
North Shore University Hospital



***Now offers Breast Pump Rentals
For patients of North Shore University Hospital***

- Pumps are available for rent 7 days a week, please inform your nurse if you would like to rent a pump
- A rental agreement will be brought to your room
- Payments will be collected at the main cashier office on the 1st floor of the Monti Pavilion
- Please note payments can only be accepted Monday-Friday 8:30a.m.- 4:30p.m. and Saturday & Sunday 8:00a.m - 4:00 p.m.
- All payments must be in the form of a credit card, cash cannot be accepted however, flexible spending Health Savings credit cards can be used
- Pumps will be delivered to your room

**Cost: 1 month \$80 / \$70 every month after
Rentals are based on a full month rental
Sorry no partial months can be accommodated**

Returning the Pump:

- To return your pump, simply drop it off to the administrative office on 5 Katz located right outside the Katz elevators
- Please return the pumps Monday – Friday 9:00a.m.– 4:00p.m.

An International Board Certified Lactation Consultant (IBCLC) is a health care professional that specializes in clinical management of breastfeeding. The International Board of Lactation Consultant Examiners (IBLCE) Inc. is under the direction of the United States Commission of Certifying Agencies certifies IBCLCs. IBLCE certifies the IBCLCs listed. The North Shore-Long Island Jewish Health System does not endorse any organization, institution or health care provider.

April 2015

Suffolk

Lucia Barthes, MA, IBCLC
Miller Place, NY
(631) 331-3872

Jeanne Rosser, BA, IBCLC
West Suffolk Lactation Center
Amityville, NY
(516) 449-8776

Jennifer Shaer, MD, IBCLC
Dix Hills, New York
631-643-6477

Loes Lindsay RN, BS, IBCLC
East Setauket, NY
631-487-7130

Deborah Bouchard RN, IBCLC
Riverhead, NY
631-722-8880

Jennifer Simon RN BSN IBCLC
Huntington, NY
631-857-2228

Nassau

Jeanne Dejak, RN, IBCLC
Mother's Love Lactation Center
East Rockaway, NY
(516) 6474808

Donna Kimick, IBCLC
Lakeshore Lactation and Breastfeeding
Center, Massapequa Park, NY
(516) 799-7911

Paula Larochia RN IBCLC

Bellmore, New York
516-781-8295

Lauren Macaluso, MD, FAAP, IBCLC
New Hyde Park, NY 11040
516-498-2300

Debbie Steiger Cohen IBCLC MSN
Great Neck, New York
516-487-4112

Joy Padula, RN, IBCLC
Bellmore Lactation Services
Bellmore, NY
(516) 728-4336

Beverley Rae, MSW, IBCLC
Breastfeeding Resources
64 Manhasset Woods Road
Manhasset, NY
(516) 365-4877

Barbara Sobey, RN, IBCLC
Lynbrook, NY
(516) 593-7976

South Nassau Communities Hospital
Lactation Resource Center
Oceanside, NY
(516) 377-5300/632-3466

Karyn DeBrauwere
Gentle Nurture Lactation
516 647 4808

Brooklyn

Freda Rosenfeld, IBCLC
Brooklyn, NY
(718) 469-5990

Queens

Rose Mary Rogers, RN, BSN, IBCLC
Middle Village, NY
(718) 476-7725

Catherine Watson Genna, BS, IBCLC
Woodhaven, New York
718-846-2323

Maria Cotty RN IBCLC
Whitestone, New York
(718)-767-7808

Manhattan

Kate Sharp, IBCLC
Manhattan, New York
(212) 595-1627

Bev Solow, IBCLC
Manhattan, New York
(212) 567-1112

Bronx

Margot Mann, IBCLC
Bronx
(718) 601-2939

Westchester

Lee Galasso, MS, IBCLC
Westchester, New York

(914) 245-2206

Beth Shulman RN, BSN, IBCLC
Westchester
(914) 478-7046

Winthrop University Hospital, Mineola
Contact: Linda Connolly
(516) 663-2858

- Milk supply issues
- Breastfeeding twins and higher order multiples
- Returning to school or work

Breastfeeding Support Groups on Long Island

Breastfeeding Resources, Manhasset
Contact: Beverley Rae
(516) 365-4877

NSLIJ@ Long Island Jewish Hospital
New Hyde Park
Contact: Patti Dolise (718) 470-5173

NSLIJ@ Southside Hospital
Contact: Wendi Andria
(631) 968-3311

South Nassau Communities Hospital
Oceanside
Contact: Misako Miller
(516) 377-5300/632-3466

St. Charles Hospital, Port Jefferson
(631) 474-3700

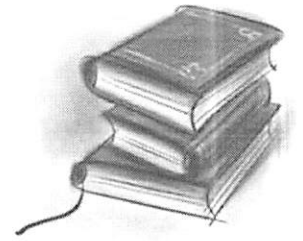
Good Samaritan Hospital
Contact Lisa Kennedy (631) 376-3901

A Lactation Consultant can assist you before and after the arrival of your baby with...

- Prenatal & postpartum breastfeeding classes
- Flat or inverted nipples
- Concerns about previous breast surgery
- Concerns about prior breastfeeding difficulties
- Latch on difficulty
- Nipple or breast pain
- Breast refusal
- Nursing your premature or adopted baby
- Breastfeeding your special needs baby e.g. Down Syndrome, cleft lip/palate
- Pumping & storing breastmilk

Community Based International Board Certified Lactation Consultants

**Suffolk
Nassau
Queens
Brooklyn
Bronx**



Helpful Resources for Breastfeeding Families

Books:

Renfrew, M., Fischer, C., & Arms, S. (2000). Bestfeeding: Getting Breastfeeding Right for You. Berkeley, CA: Celestial Arts.

La Leche League International (LLL). The Womanly Art of Breastfeeding. Schaumburg, IL: LLLI) (2004) Available in bookstores and from local LLLI groups or LLLI.

Mohrbacher, N, Kendall-Tackett, K. (2005). Breastfeeding Made Simple : Seven Natural Laws for Nursing Mothers. New Harbinger Publications, Inc. CA.

Links:

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

<http://newborns.stanford.edu/Breastfeeding.html>

<http://www.americanpregnancy.org/firstyearoflife/whatsinbreastmilk.html>

<http://nyp.org/health/pregnant-bfmilk.html>

<http://www.breastfeeding.com>

<http://www.breastfeedinginc.ca>

<http://www.text4baby.org>

<http://www.medelabreastfeeding.com>

<http://www.ameda.com>

<http://www.askdrsears.com/topics/breastfeeding>

<http://www.kangaroomothercare.com>

<http://www.nyc.gov/html/doh/pregnancy/html/after/mobile-milk.shtml>