

Brooklyn Lactation Group

Breastfeeding Services & Community Resource Guide

In order to support all families in meeting their breastfeeding goals, Brooklyn Midwifery Group has a lactation program that offers the following services:

- Prenatal education delivered to all clients by the Midwife and / or IBCLC covering common breastfeeding topics and issues
- Prenatal office visits with an IBCLC available upon patient request and / or recommendation of the midwife
- A routine postpartum home visit with a nurse and Certified Lactation Counselor (CLC)
- Postpartum visits with an IBCLC to help identify and resolve breastfeeding issues for the first year of the infants life

You can email Adina Lerer, the Director of Lactation Services, with breastfeeding questions at any time. She can be reached at alerer@brooklynbirthingcenter.com. You can also call the office at 718-336-4119 if you have any questions or would like to schedule an appointment with an IBCLC.

Community Resources

La Leche League of New York

La Leche League has chapters throughout the NYC area. One LLL group meets at Brooklyn Birthing Center once a month. For more information, visit lalecheleague.org/web.newyork.html

WIC Breastfeeding Peer Counselors

WIC offers nutritional resources, including breastfeeding information support, to qualifying pregnant women and mothers of children under 5. Please visit www.health.ny.gov/prevention/nutrition/wic/

Other Resources

There is a wealth of breastfeeding information online, but it can be very difficult to differentiate the correct, evidence-based information from the vast amount of inaccurate information out there. Here are some great breastfeeding websites that we recommend:

La Leche League International: lila.org
Kellymom: kellymom.com
Dr. Jack Newman: breastfeedinginc.ca
HHS: womenshealth.gov/breastfeeding
Medications and breastfeeding: lactmed.nlm.nih.gov

Here are some of the books on our recommended reading list:

The womanly Art of Breastfeeding by Diane Wiessinger, Diana West, Teresa Pitman
Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers by Nancy Mohrbacher
IBCLC FILCA, Kathleen Kendall-Tackett PhD IBCLC and Jack Newman MD
The Ultimate Breastfeeding Book of Answers by Jack Newman MD and Teresa Pitman