

NewYork-Presbyterian Brooklyn Methodist Hospital

## Free Breastfeeding Support Group

Meet other nursing mothers in a relaxed, welcoming atmosphere, where you can weigh your baby and discuss your questions or concerns with a certified lactation consultant. The group is open to mothers and their newborns, from birth to three months old. Walk-ins welcome, no registration necessary.



**Tuesdays from 2:30-3:30pm**

NewYork-Presbyterian Brooklyn Methodist Hospital  
Wesley House, Room 3K-C  
501 Sixth Street  
Park Slope, Brooklyn, NY 11215

 **NewYork-Presbyterian**  
Brooklyn Methodist Hospital

## **Breastfeeding Resources**

### **During your hospital stay:**

- Ask your nurse
- Ask the lactation consultant at extension: #5078
- Attend the daily breastfeeding class on the unit

### **Community Breast Pump Rentals:**

Ameda: 1.877.323.4060 or Medela: 1.800.835.5968

### **Private Lactation Consultants:**

International Lactation Consultant Association: [www.ilca.org](http://www.ilca.org)

Lactation Consultants and Groups in NY TriState Area: [www.nylca.org](http://www.nylca.org)

### **National and local organizations:**

Centers for Disease Control and Prevention: [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)

La Leche League International: 1-800-LA-LECHE [www.lalecheleague.org](http://www.lalecheleague.org)

National Breastfeeding Helpline:

Mon-Fri 9am-6pm 1.800.994.9662 or call 311

New York State Milk Bank [www.nymilkbank.org](http://www.nymilkbank.org)

NYC Newborn Home Visiting Program:

call 311 or for North and Central Brooklyn, call 646.253.5700

Premature Baby/Premature Child: [www.prematurity.org](http://www.prematurity.org)

United States Department of Health [www.womenshealth.gov](http://www.womenshealth.gov)

Woman, Infants & Children (WIC): 1.800.522.5006

### **Phone Resources:**

NYC Text4Baby: Text BABY or BEBE (Spanish) to 511411 for free text tips from New York City Department of Health and Mental Hygiene

### **Free Smart Phone Breastfeeding Apps:**

Baby Feeding Log, Baby Manager, Baby Nursing, Breastfeeding-Baby Tracker, LatchMe, LactMed, Text4Baby

### **Facebook Pages:**

[www.facebook.com/BlackWomenDoBreastfeed](http://www.facebook.com/BlackWomenDoBreastfeed)

[www.facebook.com/TheLeakyBoob](http://www.facebook.com/TheLeakyBoob)

[www.facebook.com/groups/DairyQueenMamas](http://www.facebook.com/groups/DairyQueenMamas)