Breastfeeding Community Resources in Brooklyn

The following is a list of New York organizations that offer breastfeeding information, workshops, and support groups. Please visit each organization’s website for more detailed information. Columbia University has no affiliation with these organizations; the resources below are for informational purposes only.

A Child Grows in Brooklyn: This blog focuses on parenting in Brooklyn and features a variety of resources around breastfeeding support. Blog contributors include certified lactation consultants and physicians, among other professionals. [http://www.achildgrows.com/birthing/lactation-consultants/](http://www.achildgrows.com/birthing/lactation-consultants/)

Bend and Bloom Yoga: Hosts support groups and pre and postnatal parenting classes in addition to its yoga course offerings. Location: 708 Sackett Street, Brooklyn, NY 11217 [http://bendandbloom.com/prenatal-postnatal/subpage-2/](http://bendandbloom.com/prenatal-postnatal/subpage-2/)


The Brooklyn Hospital Center: This hospital, a member of the New York-Presbyterian Healthcare System, offers tips and resources on infant care as well as additional pre and postnatal information. [http://tbh.adam.com/content.aspx?productId=14&gid=000108](http://tbh.adam.com/content.aspx?productId=14&gid=000108)

Choices in Childbirth: A New York City-based consumer advocacy group that educates the public about women’s rights and options for childbirth. Choices in Childbirth offers "the New York Guide to a Healthy Birth" at no cost, which provides a comprehensive listing of childbirth-related and breastfeeding service providers in New York. This group also offers workshops on giving birth and breastfeeding. [http://www.choicesinchildbirth.org/](http://www.choicesinchildbirth.org/)

La Leche League: Strives to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. The League offers a continuing series of informal discussion meetings open to all women interested in breastfeeding. Children of all ages are welcome. Meetings take place in various locations around Manhattan and other boroughs. [http://www.llli.org/ab.html?m=1](http://www.llli.org/ab.html?m=1)


Park Slope Parents: This information exchange website lists a variety of resources including information about support groups and meet-ups. Information on the site is accessible to the public, however an annual membership is required to participate in the PSP groups. [http://www.parkslopeparents.com](http://www.parkslopeparents.com)

Federal Program

WIC Program – Woman, Infants, Children: The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) offers nutrition education, breastfeeding support, referrals and a variety of nutritious foods to low-income pregnant, breastfeeding or postpartum women, infants and children up to age five. Some of their support services include breastfeeding peer counselors, information, tips/advice on breastfeeding, and access to breast pumps. Visit the New York State Department of Health website for more information on eligibility for the WIC Program. [http://www.health.state.ny.us/prevention/nutrition/wic/index.htm](http://www.health.state.ny.us/prevention/nutrition/wic/index.htm)