

Lactation Resource Center

We're at the Center
of Healthy Beginnings



**Mount
Sinai
South
Nassau**

Breastfeeding Benefits Aren't Just for Babies

Besides the convenience associated with nursing a baby, breastfeeding offers long-term benefits for both baby and mom.

- According to the American Academy of Pediatrics, breast milk is the ideal food for infants.
 - It provides superior nutrition and immunological protection, while decreasing the risk of a number of acute and chronic diseases.
- Mothers who choose to nurse their infant benefit in many ways:
 - Recent research demonstrates that breastfeeding may play a role in reducing a woman's risk for premenopausal breast cancer, ovarian cancer and osteoporosis.
 - An additional advantage of breastfeeding an infant is the cost savings compared to formula feeding.

Mount Sinai South Nassau's Lactation Resource Center

Our professional team of International Board Certified Lactation Consultants (IBCLC) offers the knowledge and expertise to support the breastfeeding family in a variety of situations. An IBCLC is a professional who specializes in the clinical management of breastfeeding, and works under the direction of the United States Commission of Certifying Agencies.

Lactation
Resources
Support Line

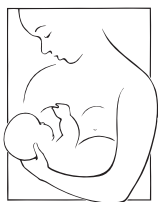
516-632-3466



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

- Prenatal & postpartum breastfeeding classes
- Concerns about previous breast surgery
- Concerns about prior breastfeeding difficulties
- Latch-on difficulty
- Nipple or breast pain
- Nursing your premature or adopted baby
- Breastfeeding your special needs baby (e.g. Down Syndrome, cleft lip/palate)
- Pumping and storing breast milk
- Breastfeeding twins and higher order multiples
- Returning to school or work

Designated Baby-Friendly



Mount Sinai South Nassau Center for New Beginnings has been awarded the prestigious International World Health Organization (WHO)/ United Nations Children's Fund's (UNICEF) "Baby-Friendly" Hospital designation from Baby-Friendly USA, Inc. (BFUSA).

The "Ten Steps to Successful Breastfeeding" were developed by a team of global experts and consist of evidence-based practices that have been shown to increase breastfeeding initiation and duration. As a Baby-Friendly hospital, we adhere to the Ten Steps of Successful Breastfeeding.

A Resource Guide for Breastfeeding Support

Mount Sinai South Nassau Lactation Resource Center

516-632-3466 Telephone Support Line

516-377-5310 for information about the Breastfeeding Class and Support Group

La Leche League of New York

llny.org

Long Island Lactation Consultant Association

lilca.org

Newborn Channel (password: 00129)

thenewbornchannelnow.com

American Academy of Pediatrics

healthychildren.org

U.S. Department of Health & Human Services

800-994-9662

womenshealth.gov/breastfeeding

Women, Infants & Children (WIC)

1-800-522-5006

health.ny.gov/prevention/nutrition/WIC

The Lactation Resource Center is located on the third floor of the D Wing, in the Maternity Unit.



**Mount
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One Healthy Way,
Oceanside, NY 11572
1-877-SOUTH-NASSAU

mountsinai.org/southnassau



Designated Magnet® for outstanding nursing services by the American Nurses Credentialing Center.