Breastfeeding Resources

**International Board Certified Lactation Consultants (IBCLC)**
Those who are doctors can also prescribe medication. Some specialize but all can help with basic breastfeeding management. Many will come to you.

- Hilda Cohen 718-793-2093 (Flushing)
- Dr. Mona Gabbay 914-632-7999 (Westchester)
- Catherine Watson Genna 718-846-2323 (Woodhaven)
- Tamara Joy Hawkins 646-334-3830 (Manhattan)
- Dr. Lauren G. Macaluso 516-498-2300 (Great Neck, NY)
- Kathy Mirra 516-797-1033 (western Long Island)
- Dr. Louis Macolino Astoria: 718-726-0328
- Dr. Goldsmith ENT 718-780-1498
- Dr. Kantu ENT 718-745-1720

breastfeeding infants with anatomical challenges

- Leigh Anne O’Connor 917-596-3646 (Manhattan)
- Freda Rosenfeld 718-469-5990 (Brooklyn)
- Kate Sharp 212-595-1627 (Manhattan)
- Andrea Syms-Brown 917-864-7457 (Downtown Brooklyn)
- Svetlana Tennenbaum 718-648-0042 (Brooklyn)
- Kathleen Waldow 516-270-3159 (Floral Park, NY)
- Mei Yao Wu 718-428-9380 (Bayside, NY)
- Jaymie Adachi 917-796-5792 (Jackson Heights)

b’fing after augmentation or reduction

- Dr. Randi Jaffe Manhattan: 917-882-1035
- Dr. Beth Forgosh Manhattan: 212-598-5995
- Dr. Louis Macolino Astoria: 718-726-0328
- Dr. Adam Glassman Great Neck: 516-829-8099

Chiropractic care (specialty: pregnant women, mothers, babies)

- Dr. Randi Jaffe Manhattan: 917-882-1035
- Dr. Beth Forgosh Manhattan: 212-598-5995
- Dr. Louis Macolino Astoria: 718-726-0328
- Dr. Adam Glassman Great Neck: 516-829-8099

Diagnosis & treatment of tongue tie:

- Dr. Goldsmith ENT 718-780-1498
- Dr. Kantu ENT 718-745-1720
- Dr. Linda Dahl ENT (212) 996-8000

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Free phone-based support from La Leche League Leaders in Queens:

**LLL of Queens Leader Warmline** 718-218-3912 Call or text questions, habla español. Email: lalecheleaguequeens@yahoo.com

Jessi 480-251-0190  
Jennifer 914-671-9394  
Nina 646-258-0959  
Lee 718-360-5891

**NYC LLL Leader Hotline** 212-569-6036

**Lactation Clinics**

**Beth Israel Medical Center** has a lactation clinic that operates on a sliding scale. You have to go there and they charge $50 per visit for their lowest fee. They also have a “warmline” where lactation consultants are available to provide assistance over the phone.
Beth Israel Medical Center 212-420-2093  
**Warmline 212-420-2939**  
350 East 17th Street, 9 Baird Hall (16th St and 1st Ave area).  

**LLL Meetings in Queens:** Mother to mother support groups.

**Western Queens Series Meeting:**  
4th Monday of every month from 10:30-12:30  
Sunnyside Branch of the library  
43-06 Greenpoint Ave (corner of Greenpoint Ave and 43rd St)  
Sunnyside, NY 11104  
Take the 7 local to 40th or 46th Street and walk south of Queens Blvd. on 43rd St.  
The library is on the SE corner of 43rd  
Contact: Annie (anniefrisbie@gmail.com).

**Western Queens Toddler Meeting:**  
3rd Thursday of even months. Space is limited, so RSVP for time and location.  
Contact: Annie (anniefrisbie@gmail.com).

**Forest Hills Series Meeting:**  
LLL Infant Breastfeeding Support Group meetings will be held in the Forest Hills Branch, Queens Library at 108-19 71st Ave. in the story hour room on the 2nd floor from 5:30-7:00pm.  
We meet on the third Thursday of the month.  
Primary Leaders: Jessi and Angela (lalecheleaguequeens@yahoo.com)

**Forest Hills Toddler Meeting**  
LLL Toddler Breastfeeding Support Group meets 6-7:30pm.  
Contact: Jessi (lalecheleaguequeens@yahoo.com).

**Queens/Nassau Series Meeting**  
Meets 1st Friday of every month from 10:30-12:30.  
Location: Sip This Café  
64 Rockaway Avenue Valley Stream, NY 11580  
Reach us by bus: n4  
Contact: Lee 646-662-7553 (CentralQueensLLL@yahoo.com)