

NEWS RELEASE

Ed Day
COUNTY EXECUTIVE

Patricia Schnabel Ruppert, D.O., M.P.H., CPE, DABFM, FAAF
COMMISSIONER OF HEALTH

FOR IMMEDIATE RELEASE

January 24, 2019

FAMILY MEDICAL PRACTICE AND WORKSITE IN ROCKLAND RECOGNIZED FOR BEING BREASTFEEDING FRIENDLY

NEW CITY, NY - - Rockland County Executive Ed Day and County Health Commissioner Dr. Patricia Schnabel Ruppert are proud to announce that Integrative Lactation and Family Health, and Child Care Resources of Rockland, Inc., have become the latest medical practice and worksite in Rockland to be recognized as “Breastfeeding Friendly.”

Designated medical practices (Ob/Gyn, Pediatric, and Family Medicine) implement the New York State Ten Steps to a Breastfeeding Friendly Practice www.health.ny.gov/publications/2972.pdf which includes creating a written breastfeeding friendly office policy and environment, encouraging breastfeeding, and supporting mothers while they breastfeed. They received a plaque and letter of designation, and are listed on the New York State Department of Health (NYSDOH) website at <http://on.ny.gov/2sB3FvO> and on the county’s Health Department website at <http://rcklnd.us/breastfeeding>.

Pauline Nardella, FNP-BC, MS, MPA, IBCLC, Board Certified Family Nurse Practitioner at Integrative Lactation and Family Health said “I am honored to have received the designation of Breastfeeding Friendly Family Practice from New York State. The support received from the Rockland County Department of Health (RCDOH) through the state’s Creating Breastfeeding Friendly Communities program has been instrumental in the success of achieving this designation. The RCDOH provided us with educational materials in multiple languages as well as breastfeeding supplies. These tools have proven to be integral to providing high quality, culturally competent care to families from all socioeconomic backgrounds, and ultimately support them in reaching their personal breastfeeding goals. This designation sends a clear message to local families and fellow health professionals that breastfeeding will be supported and protected in Rockland County. Medical practices in Rockland County now have a viable option to refer patients to for all their breastfeeding needs.”

Recognized worksites implement several steps to achieve Breastfeeding Friendly Worksite recognition, including creating a written breastfeeding friendly office policy, implementing environmental changes such as designating lactation spaces and training staff, and supporting mothers while they continue to breastfeed and return to work. Practices that achieve the required steps are recognized by the Rockland County Department of Health’s Breastfeeding Promotion and Support Program with a plaque and Certificate of Recognition, and are listed on the Health Department’s website at <http://rcklnd.us/breastfeeding>.

Vicki Caramante, Executive Director of Child Care Resources of Rockland, Inc. said “Child Care Resources of Rockland, Inc. is thrilled to be designated a RCDOH Breastfeeding Friendly Worksite. Breast milk is a fantastic source of nutrition for most babies, and by creating a quiet, private space in our office for new moms to breastfeed or to express breast milk, we are supporting healthy families and the healthy development of children. In addition to having this area available to anyone on our staff, we are especially excited to offer Child Care Resources of Rockland’s space as a drop-in site to any member of the public needing a location to nurse or express.”

“It is clear that both this medical practice and worksite worked hard with their staff to develop and implement a breastfeeding friendly policy and environment that encourages breastfeeding, while providing support to breastfeeding mothers. I congratulate them on their successful efforts,” said Dr. Ruppert.

To date, three medical practices, five worksites, and ten child care centers and day care homes in Rockland have become breastfeeding friendly.

“Creating breastfeeding practices, worksites, and child care centers and day care homes help us reduce barriers that breastfeeding mothers face, and create a culture in the community where women feel comfortable and supported in breastfeeding their babies,” said Laurie Messinger, IBCLC, Rockland County Department of Health Lactation Consultant.

Medical practices (Ob/Gyn, Pediatric, and Family Medicine), worksites, child care centers and day care homes are encouraged to call the Health Department at (845) 364-3786 or email messingl@co.rockland.ny.us for assistance in becoming Breastfeeding Friendly. For more information visit <http://rcklnd.us/breastfeeding>.

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