

A close-up photograph of a woman with long dark hair, smiling gently as she breastfeeds her baby. The baby is wearing a pink headband and is positioned in the lower right corner of the frame. The woman is wearing a black and white patterned top. The background is a soft-focus outdoor scene with hills.

 Breastfeeding

**Support Directory**  
FOR THE WAITEMATA DISTRICT 2009

There are a range of breastfeeding support services available in the Waitemata District for pregnant and breastfeeding women and their partners, families and whanau.

### **North Shore and Waitakere Hospitals (BFHI)**

Pregnancy, postnatal and parenting education for expectant mothers is held at both North Shore and Waitakere Hospitals as outlined below. Partners and family/whanau are welcome.

#### **Breastfeeding Workshops**

An introduction for women planning to breastfeed. This session covers basic breastfeeding skills and practical tips.

**Duration:** One session (2 ½ hours). **Cost:** Free.

#### **Antenatal Courses**

Cover a range of topics, including information and advice about breastfeeding.

**Duration:** Weekly sessions for six weeks. **Cost:** Free

#### **Lactation Consultants:**

Available to mothers and babies, in hospital, who require additional breastfeeding advice and support. Can be referred by your midwife.

#### **To book any of these courses phone:**

North Shore Hospital: (09) 486 8920 ext. 3048

Waitakere Hospital: (09) 837 6609

### **Helensville Birthing Centre (BFHI)**

53-65 Commercial Road, Helensville  
(at the Community Health Centre).

Phone: (09) 420 8747 or fax: (09) 420 7599

### **Warkworth Birthing Centre (BFHI)**

Warkworth Birthing Centre offers antenatal and postnatal courses, as well as daytime or overnight stays for women who have been at the centre and have difficulties breastfeeding.

56 View Road, Warkworth.

Phone: (09) 425 8201 or fax: (09) 425 8209

### **Wellsford Birthing Centre**

220 Rodney St, Wellsford  
(at the Wellsford Medical Centre)

Phone: (09) 423 6006

### **Birthcare Auckland**

[www.birthcare.co.nz](http://www.birthcare.co.nz)

A free appointment with a lactation consultant is available for mothers and babies with breastfeeding difficulties in their first 28 days. (After that, there is a \$60 fee.)

This service requires a referral from the Lead Maternity Carer or midwife and referral forms can be found on the Birthcare website.

20 Titoki St, Parnell. Phone: (09) 374 0800

### Private Lactation Consultants

[www.nzlca.org.nz](http://www.nzlca.org.nz)

Lactation Consultants have specialist training in breastfeeding and lactation. They usually deal with more complex breastfeeding problems. There is usually a fee.

Phone 0800 LACTATION to find a lactation consultant in your area. Private Lactation Consultants in this district include:

Trish Warder: phone: (09) 845 3420  
or mobile: 021 445 121

Yvonne Le Fort: phone: (09) 449 0005

June Nicholls: phone: (09) 424 0353  
or mobile: 021 410 089

Barbara Fletcher: phone: (09) 838 1566  
or mobile: 021 111 3681

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### Well Child Providers

The Well Child service begins at around 4 to 6 weeks of age – after the Lead Maternity Carer stops visiting. The Well Child Provider service includes information on breastfeeding, immunisations, child safety, general growth and parenting. This is a free service until the child reaches 5 years old.

### Plunket

[www.plunket.org.nz](http://www.plunket.org.nz)

Plunket operate over 30 clinics within your region including mobile clinics in Waitakere, making it easier for people to access Well Child and other health services. The Plunket Family centre also offers support for babies less than 2 weeks of age.

Phone: (09) 838 0981

### PlunketLine

24 hour phoneline, for advice on children's health and wellbeing.

Phone: 0800 933 922

### Plunket Family Centres

Staffed by Lactation Consultants, Plunket Nurses, Community Karitane, Plunket Kaiawhina and volunteers, these centres offer support and information on different parenting issues including breastfeeding, infant nutrition, sleeping, child behaviour and parent/family needs from birth to 5 years.

#### Local Family Centres

West Auckland: 5 Woodford Avenue, Henderson.  
Phone: (09) 836 5730. Mon-Fri, 9.00am - 3.00pm

North Shore: 213 Shakespeare Road, Takapuna.  
Phone: (09) 489 9778. Mon-Fri, 9.00am - 3.00pm

### **Te Puna Hauora**

[www.tepuna.org.nz](http://www.tepuna.org.nz)

58a Akoranga Drive, Northcote,  
North Shore City.

Phone: (09) 489 0182 or fax: (09) 486 0750.

### **Te Ha O Te Oranga O Ngati Whatua**

158 Rodney Street, Wellsford.

Phone: (09) 423 8538 or fax: (09) 423 8057.

### **Wai Health (Waipareira Trust)**

[www.waipareira.com](http://www.waipareira.com)

13-15 Ratanui St, Henderson.

Phone: (09) 839-0288

### **Mo Wai Te Ora Maori Health Services**

#### **Whanau Ora Parenting Program**

Helps to build skills and parents' confidence.  
Free service and transport can be arranged.

#### **Regional Contacts:**

##### **Waitakere Parenting Coordinator:**

Rosie Houghton - (09) 837 8859 ext 6859  
or [rosie.houghton@waitematadhb.govt.nz](mailto:rosie.houghton@waitematadhb.govt.nz)

##### **North Shore Parenting Coordinator:**

Olive Rudolph - (09) 420 6354 or  
[olive.rudolph@waitematadhb.govt.nz](mailto:olive.rudolph@waitematadhb.govt.nz)

### **West Fono Health Trust**

[www.healthwest.co.nz/practices/  
WestFonoHealthTrust.asp](http://www.healthwest.co.nz/practices/WestFonoHealthTrust.asp)

West Fono runs a monthly breastfeeding peer  
support group.

411 Great North Road, Henderson.

Phone: (09) 837 1780

### **Parents Centre**

[www.parentscentre.org.nz](http://www.parentscentre.org.nz)

Offers wide ranging support and education in  
the community across all aspects of parenting from  
pre-birth to school ready. Services include antenatal,  
postnatal and play groups as well as telephone  
support lines. There is a small cost for this service.

#### **Parents Centres in the Waitemata region:**

**Takapuna:** (09) 446 0959 or email:

[waitemata@parentscentre.org.nz](mailto:waitemata@parentscentre.org.nz)

**Albany:** (09) 414 5394 or email:

[bays.nth.harbour@parentscentre.org.nz](mailto:bays.nth.harbour@parentscentre.org.nz)

**Onewa:** (09) 483 9834 or email:

[onewa@parentscentre.org.nz](mailto:onewa@parentscentre.org.nz)

**Hibiscus Coast:** (09) 427 6114 or email:

[hibiscus.coast@parentscentre.org.nz](mailto:hibiscus.coast@parentscentre.org.nz)

**West Auckland:** (09) 837 8481 or email:

[w.auckland@parentscentre.org.nz](mailto:w.auckland@parentscentre.org.nz). Website:

[www.westaucklandparents.org.nz](http://www.westaucklandparents.org.nz)

### **Multiple Birth Association**

[www.nzmba.org](http://www.nzmba.org)

Provide information, support and advice to parents of multiples (i.e. twins, triplets, etc).

#### **Regional Contacts:**

North Shore: phone (09) 473 0678

Waitakere: phone (09) 834 3453

### **La Leche League**

[www.lalecheleague.org.nz](http://www.lalecheleague.org.nz)

La Leche League helps mothers to breastfeed through mother-to-mother support, education, information, and encouragement and promotes a better understanding of breastfeeding as an important element in the healthy development of baby and mother. They offer relaxed meetings to which all pregnant women and mothers are welcome. La Leche League Leaders are able to offer practical suggestions to help a mother cope with any breastfeeding difficulties and are available by phone or e-mail at any time.

La Leche League also provides information and support for women in special circumstances including mothers with a disability, babies with a cleft palate, premature babies, multiple births and babies with Down Syndrome.

#### **La Leche League Leaders in this district:**

North Shore: Liz - (09) 473 8666

Kelston: Adith - (09) 818 7728

Hibiscus Coast: Lisa - (09) 428 5266

Warkworth: Caroline - (09) 425 0143

Massey: Barbara - (09) 838 1566

### **MAMA (Mothers and Midwives Association)**

[www.mama-maternityinfo.co.nz](http://www.mama-maternityinfo.co.nz)

A maternity service provider organisation run by mothers and midwives who believe that pregnancy, labour, birth and breastfeeding are normal and healthy events in a woman's life. MAMA can help mothers to find a lead maternity carer midwife and run over 40 FREE antenatal classes per year in the Waitemata region.

PO Box 56-182, Dominion Road, Auckland.

Phone: (09) 8158108, fax: (09) 8158138 or

email: [mamald@ihug.co.nz](mailto:mamald@ihug.co.nz)

### **Women's Health Action Trust**

[www.womens-health.org.nz](http://www.womens-health.org.nz)

Women's Health Action offers breastfeeding advice, support and education – particularly in the areas of breastfeeding friendly workplaces and community development activities nationwide (such as the annual 'Big Latch On'). Breastfeeding resources, including an employer information pack, can be ordered from the WHA website.

Phone: (09) 520 5295 or email:

[breastfeeding@womens-health.org.nz](mailto:breastfeeding@womens-health.org.nz)

## Ministry of Health

[www.breastfeeding.org.nz](http://www.breastfeeding.org.nz)

Every mother has a different experience with breastfeeding and not everyone finds it easy. This website contains information for mothers, personal stories, tips about how you can help, and information for health practitioners.

## Work and Income Assistance

[www.workandincome.govt.nz/individuals](http://www.workandincome.govt.nz/individuals)

Depending on the woman's individual circumstances and ability to meet the eligibility requirements, assistance may be available for purchase or hire of a breast pump. Assistance for the purchase of a breast pump may be available through either: *A Transition to Work Grant*, if the mother is returning to work, or a *Special Needs Grant* if the mother needs one but cannot receive assistance elsewhere.

If the mother or child has an ongoing disability and requires a breast pump in order to provide breast milk for the child, the cost of hireage may be included in the calculation for a *Disability Allowance*, or *Temporary Additional Support*, if the applicant is already receiving the *Disability Allowance* and their ongoing disability costs exceed the maximum rate of *Disability Allowance*.

## Breastfeeding in the Workplace

[www.ers.dol.govt.nz](http://www.ers.dol.govt.nz)

As of 1 April 2009, all employers are required to provide facilities and unpaid breaks for employees who wish to breastfeed their infants or express milk during working hours. These provisions came into force as a result of the Employment Relations (Breaks, Infant Feeding, and Other Matters) Amendment Act 2008. The Department of Labour has further information on its website:

**A guide for employers: breastfeeding in the workplace:** [www.ers.dol.govt.nz/publications/breastfeeding](http://www.ers.dol.govt.nz/publications/breastfeeding).

**Information about breastfeeding breaks and requirements:** [www.ers.dol.govt.nz/parentalleave/infantfeeding.html](http://www.ers.dol.govt.nz/parentalleave/infantfeeding.html)

## Healthline

24-hour phone line staffed by Registered Nurses, including those with Well Child experience.

Phone: 0800 611 116



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