



Breastfeeding

Support Directory
Waitemata District 2012



Waitemata
District Health Board
Te Wai Awhina



Image courtesy of La Leche League.
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Breastfeeding is one of the most natural and beneficial acts a mother can do for her child.

Breastfeeding provides the best nutrition and immune system support for your baby and it can be a wonderful experience for you and your baby to bond and enjoy being with each other.

There are a range of breastfeeding support services available in the Waitemata District Health Board (DHB) area for pregnant and breastfeeding women and their partners, families and whanau. The Waitemata area includes the North Shore, West Auckland and Rodney.

Please Note: All services are free unless stated otherwise

North Shore & Waitakere Hospitals

Antenatal Breastfeeding Workshops

This session is for women planning to breastfeed and covers basic breastfeeding skills and practical tips. There are also classes presented in Chinese for women and their families each month.

North Shore

Address: 9 Karaka St, Takapuna

When: The third Monday of each month from 7.00 - 9.00pm

Please contact Barbara Taylor to book and receive a map of the venue

Phone: 021 784 265 or barbara.taylor@waitematadhb.govt.nz

Waitakere

Address: The Nikau Room, Waitakere Hospital

When: The 1st Tuesday of the month from 10 -12 noon, or the 3rd Tuesday of the month from 7.00 - 9.00pm

No booking required.

Childbirth Education Classes

Cover a range of topics, including information and advice about breastfeeding. Duration: 2-hour weekly sessions for 6 weeks or 3-hour weekly sessions for 4 weeks.

For enquiries and bookings:

phone Barbara Taylor: (09) 486 8920 extn. 3048 or

barbara.taylor@waitematadhb.govt.nz or use the online booking

form at: www.healthpoint.co.nz > maternity > Waitemata DHB >

Maternity Services

Hospital Inpatients: Lactation Consultants

Available to mothers and babies in hospital who require additional breastfeeding advice and support by referral from your Lead Maternity Carer (LMC) or the hospital midwife only. A LMC is either a midwife, GP or obstetrician who provides continuity of care to the woman throughout her childbirth experience.

Outpatient Lactation Consultant Clinics

Held weekly at both Waitakere and North Shore Hospitals for antenatal or postnatal concerns. Available up to six weeks post natal by referral from your LMC or hospital midwife.

Birthing Centres

Helensville Birthing Centre

In addition to LMC and birthing services, a breastfeeding peer counsellor programme is also available to provide mum-to-mum support and assist breastfeeding mothers and their whanau. A lactation consultant is also available.

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

Phone: Claire Payne (09) 420 9007 or 027 544 0609 or Charm Torrance (09) 420 7593 or ctorrance@helensvillehealth.co.nz

Warkworth Birthing Centre | www.warkworthbirthcentre.co.nz

Warkworth Birthing Centre offer antenatal and postnatal courses, as well as daytime or overnight stays for women who have been at the centre and have difficulties breastfeeding. Full birthing facilities are available for normal births and a pool is available for labour and birth.

Address: 56 View Road, Warkworth.

Phone: Sally Wilson or Sue Wynyard (09) 425 8201

Wellsford Birthing Centre

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

Phone: (09) 423 6006 extn 1.

Birthcare Auckland | www.birthcare.co.nz

A free appointment with a lactation consultant is available for mothers and babies with breastfeeding difficulties in their first 4 weeks after birth (after that there is a \$65 fee). This service requires a referral

from the LMC or midwife and referral forms can be found on the Birthcare website. All pregnant women are encouraged to register with a LMC.

Address: 20 Titoki St, Parnell.

Phone: (09) 374 0800

Lactation Consultant Services

Lactation Consultant Service | 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: 021 445 121 or www.breastfeedingsupport.co.nz - all areas

Dr Yvonne Le Fort: (09) 449 0005 - Milford

June Nicholls: (09) 424 0353 or 021 410 089 - Hibiscus Coast

Barbara Fletcher: (09) 838 1566 or 021 111 3681 - all areas

Linda Burke: 027 480 6077 - Northcote Point, Birkenhead

Denise Hynd: (09) 832 3467 or 021 118 6197 - West Auckland

Claire Payne: (09) 420 9007 or 027 544 0609 - Helensville

Julie Foley: (09) 428 0065 or 027 226 2103 - East Coast Bays to Warkworth

Leonie Caskie-Hatton: (09) 480 2800 or 021 222 8982 - North Shore

Kay Parish: 021 173 7755 - West Auckland

Barbara Taunton-Clark: (09) 374 0800 or 021 262 4074 - AKL Central

Barbara Brinsdon: (09) 473 7294 or 021 629 400 - North Shore/Hibiscus Coast

La Leche League

www.lalecheleague.org.nz | www.facebook.com/LLLNZ

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 free, 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 email 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 also co-ordinate a Peer Counsellor Programme (mum-to-mum) support groups.

Please contact info@pcp.org.nz for further information.

Regional La Leche League Contacts:

General Auckland contact: (09) 846 0752

Allison: (09) 489 9900 - North Shore

Adith: (09) 838 9362 - Kelston

Margaret: (09) 428 7980 - Hibiscus Coast

Caroline: (09) 422 576 - Warkworth

La Leche League Head office phone: (04) 471 0690

Well Child - Tamariki Ora Providers

The Well Child – Tamariki Ora service begins at around 4-6 weeks of age – after the LMC stops visiting. This 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

Plunket operate over 30 clinics within your region. Mobile clinics are also available in West Auckland, making it easier for people to access Well Child and other health services.

Phone: (09) 838 0981

PlunketLine

24 hour phone line for advice on children's health and wellbeing.

Phone: 0800 933 922

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 five years.

West Auckland

5 Woodford Avenue, Henderson

Monday and Thursday: 8.30am – 2.30pm, Tuesday: 9am – 4pm
and Friday: 9am - 2.30pm

Phone: (09) 836 5730

North Shore

Shakespeare Road, Takapuna

Monday, Wednesday, Thursday, Friday: 9am - 3pm

Phone: (09) 489 9778

Wai Health (Waipareira Trust) | www.waipareira.com

Te Whānau o Waipareira run ante-natal breastfeeding classes, provide maternity support services and a breastfeeding peer counsellor programme to provide mum-to-mum support and assist their whanau:

Antenatal Breastfeeding Workshops

When: 10am - 12.30pm, on the last Thursday of each month.
Address: Whanau House, Level 2, 6-8 Pioneer Street, Henderson
To enrol, please phone Melissa Hadley Kaimahi/Community Health worker: 0800 WAI WHA (0800 924 942)

Lactation Consultant Service

Waipareira provides Lactation Consultant services to mothers in the Waitemata district within their homes and in a clinic setting where appropriate. A Lactation consultant is a professional breastfeeding specialist that is trained to help mothers with a variety of breastfeeding issues.

Waipareira will also have Kaimahi support available. Women can self refer or be referred to this service by other health professionals where required.

To self refer, phone: 0800 WAI WHA (0800 924 942)

Breastfeeding Peer Counsellor Programme (PCP)

Waipareira's Peer Counsellor Programme is about training women regarding breastfeeding, who will then set up their own mum-to-mum support breastfeeding groups within the community. These groups give an opportunity for mothers to access informal support and information regarding breastfeeding within the community.

To access this service please phone Melissa Hadley, Kaimahi/Community Health Worker: 0800 WAI WHA (0800 924 942)

Te Puna Hauora | www.tepuna.org.nz

58a Akoranga Dr, Northcote, North Shore City
Phone: Joel Razon (09) 489 3049

Te Ha O Te Oranga O Ngati Whatua

158 Rodney Street, Wellsford.
Phone: Judy Kennedy (09) 423 8538

Other breastfeeding support services

West Fono Health Trust | www.healthwest.co.nz/practices/WestFonoHealthTrust.asp

West Fono run a monthly breastfeeding peer counsellor programme (mum-to-mum) support and antenatal breastfeeding classes.

Address: 411, Great North Road, Henderson.

For enquiries contact Sally: (09) 837 3516 or sally@westfono.co.nz

Parents Centre | 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.

Takapuna: (09) 446 0959 or waitemata@parentscentre.org.nz

Albany: (09) 414 5394 or bays.nth.harbour@parentscentre.org.nz

Onewa: (09) 483 9834 or onewa@parentscentre.org.nz

Hibiscus Coast: (09) 427 6114 or hibiscus.coast@parentscentre.org.nz

West Auckland: (09) 837 8481 or info@westaucklandparents.org.nz

Multiple Birth Association | www.multiples.org.nz

Addresses the special and unique needs of families experiencing a multiple birth and provides information and support.

Phone: 0800 4 TWINS

North Shore: (09) 418 4994 or Waitakere: (09) 834 3453

MAMA (Mothers and Midwives Association)

www.mamamaternity.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 LMC midwife and run over 40 free antenatal classes per year in the Waitemata region.

Address: 1 Taylors Road, St Lukes, Auckland

Phone: (09) 815 8108 or info@mamamaternity.co.nz

Women's Health Action Trust

www.womens-health.org.nz | www.bfw.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 their website.

Phone: (09) 520 5295 or breastfeeding@womens-health.org.nz

Ministry of Health | 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.

A link to the Ministry of Health Breastfeeding facebook page is also available to join through this website.

Healthline

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

Phone: 0800 611 116

Work and Income Assistance | 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 to provide breast milk for their child, the cost of hireage may be included in the calculation for a Disability Allowance, or Temporary Additional Support.

Breastfeeding in the Workplace | 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:

Information about breastfeeding breaks, requirements and facilities:
www.dol.govt.nz/er/holidaysandleave/parentalleave/infantfeeding

For information for employers and employees about managing breastfeeding and working and guidelines for creating 'Breastfeeding Friendly Workplaces' visit www.bfw.org.nz

Phone Women's Health Action Trust: (09) 520 5295

Image courtesy of Helensville District Health Trust



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