

Other Places for Information & Support

Birthing Units

If you live in the Papakura, Pukekohe or the Botany area and your midwife is not available, you are welcome to phone the Birthing Unit in your area to get information from the staff:

- **Papakura Birthing Unit** - 09 299 9102, 2 Clevedon Rd, Papakura
- **Pukekohe Birthing Unit** - 09 237 0640, 1 Tuakau Rd, Pukekohe
- **Botany Downs Birthing Unit** - 09 259 5032, 292 Botany Road, Golflands, Auckland 2013

Healthline 0800 611 116 - 24 hrs a day

Plunket line 0800 933 922 - 24 hrs a day

La Leche League

help@lalecheleague.org.nz

Facebook: La Leche League New Zealand Papakura, Manukau, Botany and Howick for pregnant women, whaanau and support people. Online meetings are also held using the League's Facebook page.

Lactation Consultant

0800 452 282

A Lactation Consultant is a health professional who has had extra training and helps mothers and babies who have more complex breastfeeding issues.

A list of Lactation Consultants is available at

www.nzlca.org.nz

You may need to pay to see the Lactation Consultants listed on their website.

Your Doctor

Your doctor can help you if you need treatment for a breastfeeding issue and can also refer you to other places for help.

Your Well Child Tamariki Ora Nurse

(These include Plunket, South Seas Healthcare Trust, Raukura Mokopuna Ora and Papakura Marae Tamariki Ora). Your Well Child Tamariki Ora nurse should contact you by the time your baby is 4 weeks. They can help you with breastfeeding and refer you to other places for help.

On-line information

There is a free App available for mobile devices from the App store: BreastFedNZ



www.youtube.com/user/breastfeedingnz

www.breastfeeding.org.nz

www.health.govt.nz/your-health/healthy-living/babies-and-toddlers/breastfeeding

www.kidshealth.org.nz/getting-breastfeedingestablished

	Department: Women's Health Approved by: Chief Midwife Owner: Team Leader, Lactation Support Services	Updated: November 2019 Review: November 2022
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Women's Health

Breastfeeding Support in South Auckland



Give your baby the best start in life



It can take time to learn how to breastfeed.

One of the key things is to get the support you need, where and when you need it.

Apart from your own family/whaanau there is other support available.

Where can I get information and support for breastfeeding?

Your Midwife

Your midwife can give you information and support when you are pregnant and up to 6 weeks after your baby is born. Ask your midwife what you can do to get ready to breastfeed.

Your midwife will visit you at home within 24 hours after you leave the hospital or birthing unit. If you need help before then, or if you are not sure whether your baby is feeding properly at any stage, contact your midwife directly.

Middlemore Hospital

If you have your baby at Middlemore Hospital you may be visited by a Breastfeeding Advocate. The Breastfeeding Advocates work alongside the midwives and nurses to help you get breastfeeding started.

If you have a complex breastfeeding issue, a premature baby or an unwell baby, the staff may refer you to a Hospital Lactation Consultant (LC). The Lactation Consultants are breastfeeding specialists who will work alongside your midwife/nurse or doctor.

Te Rito Ora

0800 HELP BF / 0800 435 723
(Mon-Fri 8am to 4.30pm)

Te Rito Ora is a free community based service that provides breastfeeding and baby feeding information and support for **mothers and babies who live in Counties Manukau.**

Kaitipu Ora Workers (breastfeeding and baby feeding advocates/support workers) can work with you from the time you find out you are pregnant until your baby is 2 years old.

Te Rito Ora offers:

- Home visits from your Kaitipu Ora Worker **during your pregnancy** to help you prepare for breastfeeding your baby.
- Home visits from your Kaitipu Ora Worker to provide breastfeeding and baby feeding support and advice **once your baby is born.**
- Lactation Consultant home visits. A Lactation Consultant is a health professional who has had extra training and helps mothers who have more difficult or complex breastfeeding issues.

B4Baby Breastfeeding Service

2/32 Canning Cres, Mangere
0800 B 4 BABY / 0800 242 229
Fax 09 2755711
(Mon - Fri 8am - 8pm)

B4Baby Breastfeeding Support is a free kaupapa Maaori breastfeeding education and support service. It includes **babies of Maaori descent and their mothers who live in Counties Manukau.**

B4Baby can support you with breastfeeding **during pregnancy and up to 6 months after your baby is born.**

B4Baby offers:

- Antenatal breastfeeding education prior to birth.
- Breastfeeding Advocates (Kaiawhina) who can visit you in the comfort of your own home.
- A Lactation Consultant to support you if you have more difficult or complex breastfeeding issues.

You can also request to be seen at the Coveney Clinic at Turuki Healthcare, 2/32 Canning Crescent Mangere.

Breastmilk is the perfect food for you and your baby and it is all that your baby needs to eat and drink for the first 6 months.