

### Parents Centre

Offers Childbirth Education, Parent Education courses and general support. Centres in Auckland East, Manukau, Papakura and Franklin.

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

### Private Lactation Consultants

Lactation Consultants have specialised expertise in breastfeeding and lactation. They work with mothers and babies who have more complex breastfeeding issues.

(The LC may charge for visits so enquire first, before making an appointment).

To find a LC in your area check out the section called 'Find a Lactation Consultant' on [www.nzlca.org.nz](http://www.nzlca.org.nz) or phone 0800 452 282

### Plunket Community Lactation Consultant

Phone 09 846 3256

A Lactation Consultant working alongside families and midwives to promote breastfeeding.

Offers home visits, support and education during pregnancy and after baby is born. This is a free service for those living in the Auckland District Health Board area. Phone first to check if you are eligible.

### Well Child/Tamariki Ora Providers

You can choose which service will provide free health checks for your baby from around 6 weeks to 5 years. In the CMH area:

South Seas Well Child Team 09 273 9017

Raukura Hauora O Tainui  
Mokopuna Ora 09 268 1242

Tamariki Ora 09 297 2036  
Papakura Marae 0800 Tamariki

Plunket 09 260 4111

Plunket Line 0800 933 922

Ask your midwife for the CMH pamphlet on Well Child Tamariki Ora Services Information.

*Check your Well Child Book and your Counties-Manukau Health Postnatal Information Pack for additional information.*



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



## Women's Health

## Breastfeeding Support in Your Community



	<b>Department:</b> Women's Health <b>Approved by:</b> Director of Midwifery <b>Owner:</b> Team Leader, Lactation Support Services	<b>Updated:</b> June 2014 <b>Review:</b> June 2016
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Women's Health Division

## Information for Pregnant and Postnatal Mothers

### Antenatal

Your midwife will discuss breastfeeding with you when you are pregnant and again after the birth. It's a good idea to start learning about breastfeeding while you're pregnant. Choose what suits you - coffee mornings, meetings, get-togethers, clinics or home visits. Talk to friends and family members who've breastfeed successfully.

### Postnatal

After you've had your baby, you'll be visited at home by a midwife — usually within 24 hours of discharge. Before discharge, you should know who/when someone is coming — if not, please ask our staff.

## FOR BREASTFEEDING ADVICE CALL YOUR OWN MIDWIFE FIRST

### *Middlemore Community Midwives*

8.00 am – 4.30 pm 09 276 0049

*If you need breastfeeding information outside of these hours phone:*

### *Middlemore Birthing and Assessment*

09 276 0044 Ext 8350

### **If you live in Papakura, Pukekohe or the Botany area and your midwife is not available**

you are welcome to phone to get more information from the staff in your area.

### **Papakura Primary Birthing**

09 299 9102

### **Pukekohe Primary Birthing**

09 237 0640

### **Botany Primary Birthing**

has a free breastfeeding clinic every Wednesday from 11am to 2.30pm. If your baby is less than 6 weeks old, you can just drop-in or to make an appointment, phone:  
09 534 6063

### **KidzFirst Neonatal Home Care**

If your baby has been in Neonatal Care (e.g. —born very premature) - the Neonatal Care Nurses will talk to you about this.

### **B4Baby Breastfeeding Service**

(Turuki Health Care)

### **0800 B4Baby / 0800 242 229**

### **8am to 8pm Monday to Friday**

Breastfeeding Advocates / Kaiawhina offer free home visits to provide antenatal breastfeeding education for Maori families living mainly in the Manurewa and Papakura areas. They also provide postnatal support for breastfeeding mothers who have registered antenatally. Lactation Consultants are also available. A breastfeeding support line is also available. Phone B4Baby BEFORE baby is born to find out if you are eligible for the service.

### **La Leche League (LLL)**

**Phone: 09 846 0752 Text: 021 148 9366**

**Email: [help@lalecheleague.org.nz](mailto:help@lalecheleague.org.nz)**

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

Everyone is welcome at La Leche League—pregnant women, mothers, babies, toddlers, whaanau and support people. You'll find out lots about breastfeeding—it's not just for those who have breastfeeding problems.

At every LLL get-together or at the end of the phone is a LLL Leader. Her own personal experience and comprehensive training gives you access to practical suggestions and up-to-date information. LLL Groups also meet monthly in Botany, Papakura and Pukekohe. Phone or email for details.

### **On-line Information**

You can access some great information and video clips on:

**[www.health.govt.nz/your-health/healthy-living/babies-and-toddlers/breastfeeding](http://www.health.govt.nz/your-health/healthy-living/babies-and-toddlers/breastfeeding)**

or

**[www.kidshealth.org.nz/getting-breastfeeding-established](http://www.kidshealth.org.nz/getting-breastfeeding-established)**