

**Te Rito Ora** is a FREE community-based service that provides breastfeeding and baby feeding support for all mums and whaanau living in South Auckland.

**Our Katipu Ora Workers provide:**

- Antenatal breastfeeding education.
- Home visits after baby is born.
- Lactation Consultations for complex breastfeeding issues.

**Contact our team**



0800 435 723



[teritoora@middlemore.co.nz](mailto:teritoora@middlemore.co.nz)



Te Rito Ora Community  
Breastfeeding and Nutrition  
Advice, Counties Manukau

If you are not sure whether your baby is feeding properly at any stage,  
***contact your midwife directly.***

*You can also ask about our services,  
and get breastfeeding support, from  
your local community birthing unit*

**Papakura Birthing Unit**

09 299 9102

2 Clevedon Road, Papakura

**Pukekohe Birthing Unit**

09 237 0640

1 Tuakau Road, Pukekohe

**Botany Downs Birthing Unit**

09 259 5032

292 Botany Road, Golflands

**For helpful health advice**

**PlunketLine**

0800 933 922

Available 24 hours

**Healthline**

0800 611 116

Available 24 hours

Talk with your midwife or family doctor  
if you or baby have any health concerns.



Scan here for more  
information

# Te Rito Ora



Free community  
breastfeeding and  
nutrition advice



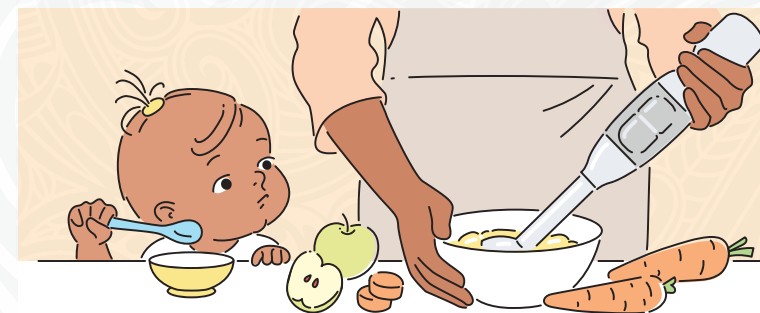


## Our Services

### Mum to mum peer support

Come to our monthly social gatherings.

Te Rito Ora can provide speakers for your community groups.



### Early childhood centre visits

*Want your child to eat more fruits and veggies?*

We offer interactive visits to help introduce toddlers to fruits and vegetables.



Get in touch with us to arrange a visit to your child's Early Childhood Centre.

### Our team

#### Kaitipu Ora Workers

Our experienced team of mums are trained to support you with breastfeeding and introducing first foods to baby.



### Community cooking class

Learn how to cook delicious low cost meals for you and your whaanau.

*We welcome whaanau of all skill levels.*



### Having difficulty breastfeeding?

Our lactation consultants are here to help.  
Give us a call on **0800 435 723**.

### Starting solids group classes

*Got questions on when and how to feed baby solids?*

We visit groups in the community for starting solids and provide education sessions.

