### Other places for information & support

Healthline 0800 611 116 - 24 hrs a day

Plunket line 0800 933 922 - 24 hrs a day

#### **Your Doctor**

You may wish to contact your family doctor.

#### Your Well Child Tamariki Ora Nurse

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.

Well Child Tamariki Ora providers include:

- Plunket Centres Auckland Central
- Starship Community Service Greenlane
- Ngati Whatua O Orakei Health Orakei
- Piritahi Hau Ora Ostend, Waiheke Island
- Health Star Pacific Panmure
- Southseas Otara
- Langimalie Clinic Panmure, Onehunga

### **Ministry of Health website**

Offers tips, tools and insight to support and inform mothers and family members on breastfeeding. Go to <a href="www.breastfeeding.org.nz">ww.breastfeeding.org.nz</a> for information and videos.

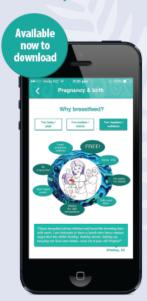
# For information on breastfeeding in the workplace:

Women's Health Action Trust 09 520 5295 Department of Labour 0800 20 90 20

Reviewed August 2019

# **Get Your FREE**Breastfeeding App

Information - when you want it, where you want it, as you want it



Download the BreastFedNZ app to find breastfeeding help, information and support.

> Search Google Play or iTunes stores for 'BreastFedNZ'



BreastFedN









mww.breastfednz.co.nz



# Breastfeeding Support in Auckland Central

#### For the Auckland District

Avondale, Mt Roskill, Eastern Bays, Mt Eden, Mt Albert, Tamaki-Maungakiekie, Western Bays, Hauraki Gulf and Islands



# Women's Health Auckland Hospital

Welcome Haere Mai | Respect Manaaki
Together Tühono | Aim High Anaamua



# **Getting Help For Breastfeeding in the Community**

Breastfeeding is the best way to feed your baby. Some women have more challenges establishing breastfeeding. Should you need help, contact one of these free services available to you if you live in the ADHB catchment.

## Your LMC/Midwife

Your midwife can help you with all common breastfeeding problems if your baby is less than six weeks old.

### **Birthcare Auckland Ltd**

Parnell, 20 Titoki Street, Level 2

Lactation Consultant review is available for *free* for inpatients if required.

#### **Outpatients Lactation Clinic appointment:**

Free for women who have birthed at Birthcare

- \$65.00 for women who have had a postnatal stay of more then 12 hours
- \$80.00 for women who did not birth at Birthcare or stayed less than 12 hours
- \$80.00 for all antenatal lactation consults For further information and costs
- **Call** 09 374 0800
- @ Email parnell@birthcare.co.nz
- Website www.birthcare.co.nz

### **Private Lactation Consultants**

Fees usually apply and vary

To find a local Lactation Consultant.

- © 0800 452 282 **or** 0800 LACTATION
- www.nzlca.org.nz or www.lcanz.org

## **ADHB Community Lactation Consultant**

Based at Greenlane Clinical Centre. Please discuss referral to this free service with your LMC. Services offered:

- Breastfeeding planning assistance during pregnancy
- Help with complicated breastfeeding problems if your baby is up to 6 weeks old.

# La Leche League New Zealand (LLLNZ)

LLLNZ is a community-based volunteer-run service providing breastfeeding support and information through regular group meetings, telephone counselling, and online help. Parent-to-parent help is provided by experienced breastfeeding parents who are trained by LLLNZ and accredited by LLL International as LLL Leaders.

All parents and expectant parents who are or want to breastfeed are welcome to attend meetings (bookings not required) or get in touch. Leaders are able to provide up-to-date evidence-based information, and offer practical suggestions and options, to help families avoid and overcome breastfeeding challenges.

Free service. Subscriptions/donations welcome.

- **© Text only** 020 4116 9994
- Website www.lalecheleague.org.nz/get-help
- Facebook www.facebook.com/LLLNZ/

Monthly online meeting:

www.facebook.com/groups/LLLNZonline/

@ Email help@lalecheleague.org.nz

## **Plunket Family Centres**

Plunket Family Centres offer support and information on a range of parenting issues, including breastfeeding. Lactation Consultants also offer breastfeeding support to mothers.

Locations: Meadowbank: 7 Meadowbank Rd St Lukes: 309 Sandringham Rd

**Call** General – 027 590 9289

**Fax** 09 820 6530

**Website** <u>www.plunket.org.nz</u>

Facebook Plunket New Zealand

# Ngati Whatua o Orakei Whai Maia Limited

Glen Innes Health Centre: 8/260 Apirana Avenue, Glen Innes, Auckland Te Whare Hauora: 230 Kupe Street, Orakei, Auckland

The Tamariki Ora Team offers a breastfeeding friendly environment through a range of antenatal and postnatal services.

- Connect with other breastfeeding mums through Weaving Waiora Wananga
- Share your experiences and learn from each other's stories.
- In-home visits and/or over the phone support from trained breastfeeding advocates.

Call, text or drop in for a break at any of the locations listed.

© Call 0508 NWOrakei / 0508 6967 2534 Text 021 072 4162

