

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 www.breastfeeding.org.nz for information and videos.

For information on breastfeeding in the workplace:

Women's Health Action Trust 09 520 5295

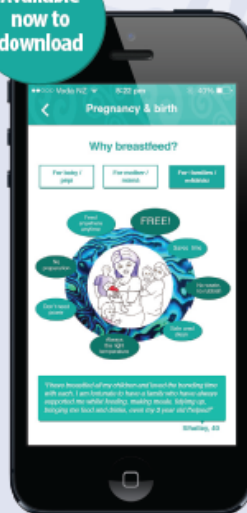
Department of Labour 0800 20 90 20

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Get Your FREE Breastfeeding App

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

Available
now to
download



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

Search Google Play or iTunes stores for '**BreastFedNZ**'



BreastFedNZ



Midland Maternity Action Group



www.breastfednz.co.nz

BreastFedNZ

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 *Tūhono* | Aim High *Angamua*

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 than 12 hours
- \$80.00 for women who did not birth or have a postnatal stay of more 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 the 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/

Many LLL local groups have facebook pages.

@ **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.

Location Meadowbank: 7 Meadowbank Road
St Lukes: 309 Sandringham Road

☎ **Call** 0275909289

🌐 **Website** www.plunket.org.nz

📘 **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