

*We recommend putting this card on your fridge*

**Looking for Antenatal Breastfeeding Classes:**

*BirthEd Antenatal/Postnatal Breastfeeding Class*

04 576 9556 or text 027 245 3541

[info@birthed.co.nz](mailto:info@birthed.co.nz)

Held Monthly; Phone or email to book

**Support Networks**

*Lactation Consultants (Hutt Hospital Maternity)*

Breastfeeding Support Clinic

Appointments for help and support with breastfeeding issues up to 6 weeks postnatal

LMC or Self-referral

04 587 2556

*Baby Café/ Wharekai Pepe*

[www.wharekaipepe.co.nz](http://www.wharekaipepe.co.nz)

email: [wharekaipepecommittee@gmail.com](mailto:wharekaipepecommittee@gmail.com)

Koraunui Marae, 146 Stokes Valley Road,  
Stokes Valley. 9am – 12 midday every  
Thursday. Run by Lactation Consultant

*Breastfeeding Support Service*

*(Tamariki Ora rooms)*

04 587 1646/ 027 555 7741

Email: [milly@atiawa.co.nz](mailto:milly@atiawa.co.nz)

*La Leche League*

<http://www.lalecheleague.org.nz/>

Jennifer from *Lower Hutt* – 04 569 6715

Merewyn from *Lower Hutt* – 04 564 5647

Catherine – 04 527 4091

Zoe – 04 567 9839

*NET Maori* - 04 920 1487 or 04 939 4630

*NET Pacific and NET Pakeha* – 04 939 9257

*Pacific Health Service* – 04 577 0394

*Plunket Area Office* – 04 460 4660

For support from Breastfeeding Specialists/  
Plunket Nurse

**Phone advice**

*HealthLine* - 24hours - 0800 611 116

*Lactation Consultants*

*(Possible cost involved)*

9am – 9pm 0800 452 282

*PlunketLine* - 24hours - 0800 933 922

P.T.O

*We recommend putting this card on your fridge*

**Looking for Antenatal Breastfeeding Classes:**

*BirthEd Antenatal/Postnatal Breastfeeding Class*

04 576 9556 or text 027 245 3541

[info@birthed.co.nz](mailto:info@birthed.co.nz)

Held Monthly; Phone or email to book

**Support Networks**

*Lactation Consultants (Hutt Hospital Maternity)*

Breastfeeding Support Clinic

Appointments for help and support with breastfeeding issues up to 6 weeks postnatal

LMC or Self-referral

04 587 2556

*Baby Café/ Wharekai Pepe*

[www.wharekaipepe.co.nz](http://www.wharekaipepe.co.nz)

email: [wharekaipepecommittee@gmail.com](mailto:wharekaipepecommittee@gmail.com)

Koraunui Marae, 146 Stokes Valley Road,  
Stokes Valley. 9am – 12 midday every  
Thursday. Run by Lactation Consultant

*Breastfeeding Support Service*

*(Tamariki Ora rooms)*

04 587 1646/ 027 555 7741

Email: [milly@atiawa.co.nz](mailto:milly@atiawa.co.nz)

*La Leche League*

<http://www.lalecheleague.org.nz/>

Jennifer from *Lower Hutt* – 04 569 6715

Merewyn from *Lower Hutt* – 04 564 5647

Catherine – 04 527 4091

Zoe – 04 567 9839

*NET Maori* - 04 920 1487 or 04 939 4630

*NET Pacific and NET Pakeha* – 04 939 9257

*Pacific Health Service* – 04 577 0394

*Plunket Area Office* – 04 460 4660

For support from Breastfeeding Specialists/  
Plunket Nurse

**Phone advice**

*HealthLine* - 24hours - 0800 611 116

*Lactation Consultants*

*(Possible cost involved)*

9am – 9pm 0800 452 282

*PlunketLine* - 24hours - 0800 933 922

P.T.O

## Websites

[www.kellymom.com](http://www.kellymom.com)  
[www.moh.govt.nz/breastfeeding](http://www.moh.govt.nz/breastfeeding)  
[www.nzlca.org.nz](http://www.nzlca.org.nz)  
[www.bfar.org](http://www.bfar.org)  
[www.lowmilksupply.org](http://www.lowmilksupply.org)  
<https://www.facebook.com/Youngparentsbreastfeeding/>  
[www.breastfeedinginc.ca](http://www.breastfeedinginc.ca)

## Websites

[www.kellymom.com](http://www.kellymom.com)  
[www.moh.govt.nz/breastfeeding](http://www.moh.govt.nz/breastfeeding)  
[www.nzlca.org.nz](http://www.nzlca.org.nz)  
[www.bfar.org](http://www.bfar.org)  
[www.lowmilksupply.org](http://www.lowmilksupply.org)  
<https://www.facebook.com/Youngparentsbreastfeeding/>  
[www.breastfeedinginc.ca](http://www.breastfeedinginc.ca)

*Visit our website for information on pregnancy, giving birth and taking care of your baby*  
[www.huttmaternity.org.nz](http://www.huttmaternity.org.nz)



[www.facebook.com/huttmaternity](http://www.facebook.com/huttmaternity)

*Visit our website for information on pregnancy, giving birth and taking care of your baby*  
[www.huttmaternity.org.nz](http://www.huttmaternity.org.nz)



[www.facebook.com/huttmaternity](http://www.facebook.com/huttmaternity)

Document Name: MATPI016  
Facilitator: Lactation Consultants Team  
Version: 1.4  
Review Date: March 2020

Document Name: MATPI016  
Facilitator: Lactation Consultants Team  
Version: 1.3  
Review Date: March 2020