



*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**

*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/ 027 461 7946  
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.la lecheleague.org.nz](http://www.la lecheleague.org.nz)

[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)

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