

## Resources

World Health Organisation website:  
<http://www.who.int/topics/breastfeeding/en/>

UNICEF website:  
<https://www.unicef.org.uk/babyfriendly/what-is-baby-friendly/the-benefits-of-breastfeeding/>

Visit our website for information on pregnancy, giving birth and taking care of your baby  
All HVDHB Breastfeeding Policies are available on our website.

[www.huttmaternity.org.nz](http://www.huttmaternity.org.nz)



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

# 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'




Download on the App Store

GET IT ON Google play



Midland District Health Boards  
www.midlanddhs.health.nz  
Midland Maternity Action Group



www.breastfednz.co.nz

BreastFedNZ



## Breastfeeding Support in the Community





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## Looking for Antenatal Breastfeeding Classes

### BirthEd Antenatal/Postnatal Breastfeeding Class

Held Monthly  
04 576 9556 or text 027 245 3541  
Phone or email [info@birthed.co.nz](mailto:info@birthed.co.nz) to book

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## 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*

Email: [lactation.consultants@huttvalleydhb.org.nz](mailto:lactation.consultants@huttvalleydhb.org.nz)

### Milk Café – Te Awakairangi Birthing Centre at Melling

Breastfeeding support group held in the Te Awakairangi Birthing Centre education room.

Every Tuesday, 09.30am – 11.30am

Mums do not have to have birthed at the centre to come along and it is open to breastfeeding mums of babies of any age. There is no need to book and it is free of charge!

### 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/>

### Baby Café/Wharekai Pepe

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

Email: [wharekaipepecommittee@gmail.com](mailto:wharekaipepecommittee@gmail.com)  
[www.wharekaipepe.co.nz](http://www.wharekaipepe.co.nz)

### Whāngai Pēpē Breastfeeding Support Service (Free) (Te Rūnanga o Te Āti Awa)

148 Whites Line East

Māmā are supported by a lactation consultant and breastfeeding peer counsellors (experienced breastfeeding māmā). Appointments available at the Waiwhetu Hauora Clinic or māmā can attend a drop-in session in the Hutt. Breastpumps available for hire (koha/with certain criteria)

027 555 7741  
Email: [whangaipepe@atiawa.com](mailto:whangaipepe@atiawa.com)  
[www.facebook.com/WhangaiPepe](https://www.facebook.com/WhangaiPepe)  
[www.atiawa.com/services/hauora-promotions/breastfeeding](http://www.atiawa.com/services/hauora-promotions/breastfeeding)

### Plunket Line's Lactation Consultant Video calling Service

Ring 0800 933 922 to book a video call appointment

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## Phone advice

**Health Line** 24hours - 0800 611 116

**Plunket Line** 24hours - 0800 933 922

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## Websites

[www.kellymom.com](http://www.kellymom.com)

[www.nzlca.org.nz](http://www.nzlca.org.nz)

[www.moh.govt.nz/breastfeeding](http://www.moh.govt.nz/breastfeeding)

[www.bfar.org](http://www.bfar.org)

[www.lowmilksupply.org](http://www.lowmilksupply.org)

[www.breastfeedinginc.ca](http://www.breastfeedinginc.ca)

[www.facebook.com/Youngparentsbreastfeeding/](https://www.facebook.com/Youngparentsbreastfeeding/)

[www.nzlca.org.nz/find-a-lactation-consultant](http://www.nzlca.org.nz/find-a-lactation-consultant)