

Breastfeeding Support Directory

Remember to immunise your baby as he/she grows and develops into a healthy child.

Immunise at 6 weeks; 3 months; 5 months; 15 months; and 4 years. If you are unsure talk to your family doctor or practice nurse.

The National Women's Health website has good, accurate and up to date information which you may find helpful.

www.nwhealthinfo.co.nz



For the Auckland District

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



Auckland has a range of breastfeeding support services available for families and whanau including classes, home visits, support groups and advice and information services. It is important that mothers and families are able to access the help they need to achieve successful breastfeeding and the many benefits it offers.

AUCKLAND CITY HOSPITAL

Grafton, 2 Park Road, 9th Floor

Auckland City Hospital has experienced lactation consultants available on the wards for mothers who go in to National Women's Hospital to give birth. The consultants assist and support mothers with breastfeeding including any breastfeeding challenges they may be experiencing.

Call 09 307 4949

BIRTHCARE AUCKLAND LTD

Parnell, 20 Titoki Street, Level 2

Birthcare offers breastfeeding classes for pregnant women and their Whanau, monthly; daytime and evening options (\$40)

Free Lactation Consultant review is available for inpatients if required.

Outpatients Lactation Clinic appointments are also available **Free** for mothers who have birthed at Birthcare,

\$45 for mothers who have had a postnatal stay at Birthcare (of greater than 12 hours)

\$80 for mothers who did not birth or have postal stay (of greater than 12 hours)

\$80 for all antenatal consultations

- **Call** 09 374 0800

- **Email** parnell@birthcare.co.nz

Go to www.birthcare.co.nz

LA LECHE LEAGUE NEW ZEALAND (LLLNZ)

Central Auckland & Waiheke Island

LLLNZ is a community-based voluntary service providing breastfeeding support and information through regular group meetings, telephone and email counselling. Mother-to-mother help is provided by experienced breastfeeding mothers, who are trained by LLLNZ and accredited by LLL International. All pregnant

AUCKLAND ANTENATAL CLASSES

BIRTHCARE

Fee (Free for 1st child)

Go to www.birthcare.co.nz

PARENTS CENTRE

Fee - a range of costs

Go to www.parentscentre.org.nz

THRIVE TEEN PARENT SUPPORT TRUST

Fee (Free)

Email kate@thrive.org.nz

Call 09 551 4367

AUCKLAND 'WELL CHILD' PROVIDERS

WellChild / Tamariki Ora focuses on babies, toddlers and pre-schoolers through ensuring they get the best start in life by keeping them well, detecting problems early and supporting parents and families. A number of health organisations provide 'Well Child' services across Auckland.

COMMUNITY CHILD HEALTH AND DISABILITY SERVICES – EARLY CHILDHOOD TEAM, ADHB

- **Call** 09 639 0200 (ext 27415)

NGATI WHATUA O ORAKEI HEALTH SERVICES

- **Call** 09 578 0941

PIRITAHU HAU ORA (WAIHEKE ISLAND)

- **Call** 09 372 8824

PLUNKET – AUCKLAND CITY

- **Call** 09 820 6532

WAIHEKE HEALTH TRUST CHILD HEALTH SERVICES

- **Call** 09 372 6837

PARENTS CENTRE

Parents Centre is a community focused organisation offering a wide range of services through its centres in Auckland and provides support to parents of pre-schoolers. Services include antenatal and postnatal support.

Go to www.parentscentre.org.nz

QUITLINE

For women wanting to give up smoking call Quitline for advice.

Call 0800 778 778

ROSKILL SOUTH OASIS EARLY YEARS SERVICE HUB

The aim of the hub is to improve coordination of services that assist families living in Mt Roskill with the prime focus on children from pre-birth to six years of age.

- Call 09 620 8079
- Email thehub@roskillsouthoasis.org.nz

Go to www.roskillsouthoasis.org.nz

WOMEN'S HEALTH ACTION (WHA)

WHA has a full time breastfeeding advocate and provides evidence based information, support and advice on breastfeeding in the community and at work. WHA coordinates the annual 'Big Latch On' and provides breastfeeding friendly spaces at shows and events.

Call 09 520 5295, Fax 09 529 5731

Email breastfeeding@womens-health.org.nz

Go to www.womens-health.org.nz and www.bfw.org.nz

women and mothers, and their babies and children, are welcome to attend meetings. LLLNZ Leaders are able to offer practical suggestions to help a mother avoid and overcome any breastfeeding difficulties.

- Fees (Free, but subscriptions and donations are welcomed)

- Call General: 09 846 0752; Central Auckland 09 846 9944 (Melissa); Waiheke 09 372 2210 (Helga) or 09 372 2691 (Bea)

Email General help@lalecheleague.org.nz Central Auckland lll.centralauckland@woosh.co.nz; Waiheke helga.lll@clear.net.nz

Go to www.lalecheleague.org.nz

Find us on Facebook www.facebook.com/LLLNZ

LLLNZ BREASTFEEDING PEER COUNSELLOR PROGRAMME

Health and community workers from the following organisations have been trained by LLLNZ as Breastfeeding Peer Counsellor Programme Administrators: Somali Community Centre; Ngati Whatua o Orakei Health Services; Tongan Health Society.

Go to www.pcp.org.nz

NGATI WHATUA O ORAKEI HEALTH SERVICES

Glen Innes, 272 Apirana Avenue

Otahuhu, 463 Gt South Road

Orakei, 230 Kupe Street

Mission Bay, 25/215 Kapa Rd

The Tamariki Ora Team provides a breastfeeding friendly environment and offers a variety of antenatal and postnatal services. Our trained breastfeeding advocates offer support to breastfeeding mothers and their family/whanau.

- Hours The Tamariki Ora Team are available 8:30am-4pm, (Monday-Friday) (Free)

Call 09 578 0941 or 09 528 1700 or text 021 847 374

Email tuim@orakeihealth.org.nz

Go to www.orakeihealth.org.nz

PLUNKET FAMILY CENTRES

Meadowbank, 7 Meadowbank Road, **St Lukes**, 309 Sandringham Road

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

- **Hours Meadowbank** 8.30am-3pm (Monday-Friday by appointment), **St Lukes** 8.30am-3.30pm (Monday-Friday by appointment) Saturday from 9am – 1pm (by appointment), (free).

- **Call** Meadowbank - 09 521 5024; St Lukes - 09 849 5027. Area Office 09 820 6530 for general information

- **Fax** 09 820 6530

Go to www.plunket.org.nz

THRIVE TEEN PARENT SUPPORT TRUST

Thrive offers support to teen parent families throughout Auckland through a variety of pregnancy and parenting services and has a breastfeeding friendly environment.

Central Hub

Mt Albert Community and Recreation Centre

773 New North Road, Mt Albert
551-4367

West Auckland Hub

34 Lincoln Rd, Henderson
213-9658

- **Hours** From 8.30am – 5pm, (Monday-Friday) All services Free.

Email admin@thrive.org.nz

- **Referrals Line** 551-4368

Website www.thrive.org.nz - **Find us** on Facebook under Thrive Teen Parent Support Trust

TONGAN HEALTH SOCIETY – Vaevae Manava'a e Fa'e

Onehunga, 29 Hill Street

The Tongan Health Society facilitates breastfeeding peer support groups in Pacific churches. The services provided are for pregnant women, breast-

feeding mothers, and family members.

Hours Flexible hours, call to make an appointment (Free)

Call 09 636 4129 or 021 123 8730

Email vhaunga@tonganhealth.com

ADDITIONAL SERVICES & INFORMATION

BREASTFEEDING IN THE WORKPLACE

All New Zealand employers are required to provide facilities and paid breaks for mothers who wish to breastfeed their babies or express milk during working hours. Information about this legislation and breastfeeding mothers' rights within the workplace is available.

Go to www.bfw.org.nz

HEALTHLINE

Healthline is a 24-hour phone line staffed by registered nurses, including those with well-child experience. Healthline uses Language Line from 9am-6pm (Monday-Friday). During these hours, the nurse or call handler can usually arrange for an interpreter.

Call 0800 611 116

MINISTRY OF HEALTH

A 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

MULTIPLE BIRTH ASSOCIATION

The Multiple Birth Association provides information, support and advice to the parents of multiples (i.e. more than one baby born at a time). There are a number of club contacts across Auckland.

Go to www.multiples.org.nz

NZ LACTATION CONSULTANTS ASSOCIATION (NZLCA)

The NZLCA's lactation consultants have specialist training in breastfeeding and lactation. A list of private lactation consultants is available on its website.

Go to www.nzlca.org.nz