

## Other places for information & support

### Birthing Units

If you live in the Papakura, Pukekohe or the Botany area and your midwife is not available, you are welcome to phone the Primary Birthing Unit in your area to get information from the staff:

- **Papakura Birthing Unit** - 09 299 9102, 2 Clevedon Rd, Papakura
- **Pukekohe Birthing Unit** - 09 237 0640, 1 Tuakau Rd, Pukekohe
- **Botany Downs Primary Birthing Unit** - 09 534 6063, 260 Botany Rd (top of Te Irirangi Drive)

☎ **Healthline** 0800 611 116 - 24 hrs a day

☎ **Plunket line** 0800 933 922 - 24 hrs a day

### La Leche League

@ [help@lalecheleague.org.nz](mailto:help@lalecheleague.org.nz)

👉 <http://www.lalecheleague.org.nz/get-help>

f **Facebook:** *La Leche League New Zealand*

La Leche League holds free monthly meetings in Pukekohe, Papakura, Manukau, Botany and Howick for pregnant women, whaanau and support people. Online meetings are also held using the League's Facebook page.

### Your Doctor

Your doctor can help you with breastfeeding and refer you to other places for help.

### Your Well Child Tamariki Ora Nurse

(Plunket, South Seas Healthcare Trust, Raukura Mokpuna Ora and Papakura Marae Tamariki Ora). 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.

### Lactation Consultant

☎ 0800 452 282

A Lactation Consultant is a breastfeeding specialist who has special training and helps mothers who are finding breastfeeding really difficult. A list of lactation consultants is available at [www.nzlca.org.nz](http://www.nzlca.org.nz) You may need to pay to see the Lactation Consultants listed on this website. Te Rito Ora and B4Baby (details inside this pamphlet) have Lactation Consultants that are free to see if you need their support.



## On-line Information

There is a free App available for mobile devices from the App store: **BreastFedNZ**



You can access more information and videos on:  
<https://www.youtube.com/user/breastfeedingnz>

### Ministry of Health sites:

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

[www.kidshealth.org.nz](http://www.kidshealth.org.nz) Search: "breastfeeding"



COUNTIES  
MANUKAU  
HEALTH

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[www.countiesmanukau.health.nz](http://www.countiesmanukau.health.nz)

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# Breastfeeding Support in South Auckland



Give your baby the best start in life

COUNTIES  
MANUKAU  
HEALTH

## Where can I get information and support for breastfeeding?

Breastmilk is the perfect food for your baby and it is all that your baby needs to eat and drink for the first 6 months. However it can take time to learn how to breastfeed. With the right support you can breastfeed your baby.

### Your midwife

Your midwife can give you information and support when you are pregnant and up to 6 weeks after your baby is born.

Ask your midwife what you can do to get ready to breastfeed.

Your midwife will visit you at home within 24 hours after you leave the hospital or birthing unit. If you need help before then, or if you are not sure whether your baby is feeding properly at any stage, contact your midwife directly.

### Middlemore Hospital

If you have your baby at Middlemore Hospital you may be visited by a Breastfeeding Advocate if you are on the Maternity Ward. The Breastfeeding Advocates work alongside the midwives and nurses to help you get breastfeeding started.

If you have a complex breastfeeding issue, a premature baby or an unwell baby the staff may refer you to a Hospital Lactation Consultant. The Lactation Consultants are breastfeeding specialists who will work alongside your midwife/nurse or doctor.



## Te Rito Ora

☎ 0800 HELP BF / 0800 435 723 (Mon – Fri 8am -5pm)  
Fax 09 262 9507

f Facebook: [Te Rito Ora](#)

@ [TeRitoOra@middlemore.co.nz](mailto:TeRitoOra@middlemore.co.nz)

Te Rito Ora is a **free** community based service that provides breastfeeding and baby feeding information and support for **all mothers and babies who live in South Auckland**. They can work with you from the time you find out you are pregnant until your baby is 2 years old.

### Te Rito Ora offers:

- Home visits during your pregnancy to help you prepare for breastfeeding your baby.
- Home visits, breastfeeding support and advice once your baby is born.
- Breastfeeding support group sessions where you can talk to trained breastfeeding supporters and other breastfeeding Mums.
- Lactation Consultant home visits if you have more difficult or complex breastfeeding issues. A Lactation Consultant is a breastfeeding specialist who has special training and helps mothers who are finding breastfeeding really difficult.



*Give your baby the best start in life*

### How to contact Te Rito Ora and B4Baby

Te Rito Ora and B4Baby really want to hear from you once you are pregnant, but you can contact them at any time during your pregnancy or once your baby is born.

You can contact Te Rito Ora and B4Baby on the 0800 numbers listed above, or be referred by your midwife, doctor (GP), Well Child Tamariki Ora nurse or by the hospital or birthing unit where you had your baby.

## B4Baby Breastfeeding Service

2/32 Canning Cres, Mangere

☎ 0800 B4BABY / 0800 242 229 (Mon - Fri 8am - 8pm)  
Fax 09 262 9507

B4Baby is a **free** Kaupapa Maaori breastfeeding education and support service for **babies of Maaori descent and their mothers who live in South Auckland**. They can work with you from the time you find out you are pregnant until your baby is 6 months old.

### B4Baby offers:

- Breastfeeding support to pregnant women and mothers who have given birth. They can visit you at home, at your Marae, a community setting of your choice or you can go to the Coveney Clinic at Turuki Health Care in Mangere.
- Lactation Consultant home visits if you have more difficult or complex breastfeeding issues. A Lactation Consultant is a breastfeeding specialist who has special training and helps mothers who are finding breastfeeding really difficult.

