

**Te Whatu Ora**

Health New Zealand

# Breastfeeding Support in South Auckland



It can take time to learn how to breastfeed. It is important to get the support you need where, and when you need it. If you had your baby at the hospital or a birthing unit, you may have been visited by a breastfeeding advocate or a lactation consultant. Lactation consultants specialise in supporting people with breastfeeding challenges. As well as whaanau, there are free community breastfeeding services available in South Auckland to support you.

## Your midwife

Your midwife can support you while you are pregnant and for up to six weeks after your baby is born. Your midwife will visit you at home within 24 hours after you leave the hospital or birthing unit. If you want help with baby's feeding when you are at home, contact your midwife.

## Birthing units

If your midwife is not available, you are welcome to phone the birthing unit in your area for help.

### **Pukekohe Birthing Unit**

09 237 0640

### **Papakura Birthing Unit**

09 299 9102

### **Botany Downs Birthing Unit**

09 259 5032

## Te Rito Ora

**0800 HELP BF/0800 435 723**  
**(Mon-Fri 8am to 4.30pm)**

Te Rito Ora is a free community service that provides breastfeeding and baby feeding support for up to two years. The team of skilled workers will:

- support you to prepare for breastfeeding
- provide infant feeding advice after your baby is born

A lactation consultant is available if you have more complex breastfeeding needs.

**Te Rito Ora can provide support by phone, text, email, video calling, home visits, Facebook and online.**

## **B4Baby Breastfeeding Service**

**0800 B4BABY / 0800 242 229**  
**(Mon-Fri 8am to 8pm)**

B4Baby Breastfeeding Service give free kaupapa Maaori breastfeeding education and support for whaanau for up to six months after your baby is born.

B4Baby offers:

- breastfeeding education before birth
- breastfeeding advocates (kaiawhina) who can visit you at home
- lactation consultant support

You can also ask to be seen at the Coveney Clinic at Turuki Healthcare, 2/32 Canning Crescent, Mangere.

## **Breastfeeding clinics**

The birthing units at Botany Downs & Papakura have breastfeeding clinics that provide:

- breastfeeding education before birth
- lactation consultant assessment and support
- tongue-tie assessment

Please phone the unit near you to make an appointment.

## **La Leche League**

Provides mother-to-mother support, education, information, and encouragement.

<https://lalecheleague.org.nz/>

## **Lactation consultants**

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

0800 452 282.

Check with each lactation consultant how much it will cost.

## **Other support**

**Healthline** 0800 611 116

**Plunket line** 0800 933 922

**Your doctor**

**Well Child Tamariki Ora**

## **Breastfeeding apps**

Free breastfeeding apps are available on the App Store and Google Play Store. We recommend:

**Mama Aroha**

**Birth & Beyond**

**BreastFedNZ**

## **Online videos**

[www.youtube.com/user/breastfeedngnz](http://www.youtube.com/user/breastfeedngnz)

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

(Ministry of Health)

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

(Ministry of Health)



**Te Whatu Ora**  
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Counties Manukau

**Tuuranga hauora o te mana Wahine | Women's Health**

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