

FREE SMARTPHONE BREASTFEEDING APP

BreastFedNZ—download at
<http://www.breastfednz.co.nz/>

You may also access breastfeeding information and support from midwives. Contact the Midwifery Resource Centre (03) 3652789.

24 hour information/support lines

Canterbury Breastfeeding Helpline (03) 3388447

Plunket Line 0800933922

Tamariki Ora Well Child Services

• Plunket Well Child

For all Plunket Well Child Services & Plunket Nurse appointments please call **Area Office (03) 3660 765**.

• **Te Puawaitanga ki Otautahi Trust.** For Tamariki Ora Well Child Services please call **(03) 3445062**.

• Fee for Service Lactation Consultant (IBCLC)

Julia Daly 0220606657 or
www.lactationchristchurch.co.nz

• **Supportive Community When Breastfeeding Doesn't Work Out** – phone or text **Karen 0274790625**.
karenholmes@orcon.net.nz

Facebook page- <https://www.facebook.com/#!/supportive.community.breastfeeding.loss?fref=ts>
Counselling support available (Fee for service).

Breastfeeding Advocacy

Breastfeeding advocacy is about helping to remove the barriers to breastfeeding that women may experience

Contact the Canterbury Breastfeeding Advocacy Service Team at Te Puawaitanga Ki Otautahi Trust for more information about all breastfeeding services.

carol.bartle@omwwl.maori.nz or (03) 3445062

rachel.mclachlan@omwwl.maori.nz or (03) 3445062

Mother to Mother Volunteer Breastfeeding Peer Counsellors/Peer Supporters

Are available to support pregnant women and breastfeeding mothers. Find a peer counsellor through:

• **Te Puawaitanga ki Otautahi Trust** Contact Rachel Rachel.Mclachlan@omwwl.maori.nz (03) 3445062 or 0297731589

• **Rural Canterbury PHO** Contact Janine Janine_pinkham@rcpho.org.nz or phone 0800 800 743 ext 212. Contact Janine for details of the Ashburton breastfeeding peer support programme also

Interested in training as a volunteer breastfeeding peer counsellor? It's free!
Contact details as above for more information.

FREE Breastfeeding information sessions for pregnant women, partners and supporters

• **St George's Maternity Hospital, Heaton Street**
Sessions taken by a Lactation Consultant (IBCLC) and held on selected Thursdays 10am– 12 all year. For dates and bookings **(03) 3756337**

• **Christchurch Women's Hospital**
Preparing to breastfeed. 9.30am-11.30am. One two hour session per month on a Thursday or Saturday. Bookings essential. Lactation Consultant (IBCLC) led. Contact **(03) 3644521—option 1** for info/booking

Websites

Canterbury Breastfeeding smartphone friendly website for support services information, breastfeeding friendly cafes, breastfeeding & working info, news & information **www.canbreastfeed.co.nz**

Other useful sites for breastfeeding information

<http://www.kellymom.com>

<http://www.drjacknewman.com>

<http://www.lalecheleague.org.nz>

<http://www.moh.govt.nz/breastfeeding>

<http://www.lli.org/>

Version 31/MAY 2017



Canterbury Breastfeeding Support Services 2017

WELCOME : HAERE MAI

Breastfeeding

Maligayang Pagdating

Fakatalofa atu

Ni sa bula vinaka

Ulu tonu mai

Malo e lava mai

Selamat Datang

欢迎

स्वागत

Welkam

歡迎

환영하다

Afio mai

chào mừng

Kia orana

Fakaalofa lahi atu

Ku

Te Whāngai ū



BREASTFEEDING FRIENDLY CANTERBURY

BREASTFEEDING SUPPORT IN CANTERBURY 2017

La Leche League Canterbury
24 hour Breastfeeding Helpline
(03) 3388447

• **Website** <http://www.lalecheleague.org.nz>

All pregnant women & mothers are invited to the facilitated discussions on breastfeeding. All whānau, children and support people warmly welcome. Call for **FREE** information or go along to a group. Phone for updates during school holidays.

• **Breast Start @ Riccarton** Meets 10am on the 2nd **Monday** of the month. Plunket Rooms, 26A Piko Crescent **Contacts Julia 3418041 and Rukmini 3370841**

• **Breast Start @ Beckenham** Meets 10.15am on the 2nd **Monday** of the month. South Library Learning Centre, 66 Colombo Street. **Contacts Annah 3316027 and Keli-Sue 0221856610**

• **Breast Start @ Rangiora** IN RECESS

Facebook Breastfeeding Pages

- **Canterbury Breastfeeding**
- **Canterbury Breastfeeding Peer Support**
- **Te Māhuri Breastfeeding Group**
- **Young Parents Breastfeeding Group**
- **Premature Baby Support (NUMB)**
- **Hornby Breastfeeding Group**
- **Richmond Cottage Breastfeeding Support Group**
- **Mother4Mother Breastfeeding Support**
- **La Leche League New Zealand.**
- **Supportive Community when breastfeeding doesn't work out**

Canterbury Breastfeeding smartphone friendly website

For support services information, breastfeeding friendly cafes, breastfeeding & working info, news & information www.canbreastfeed.co.nz

FREE Breastfeeding Groups breastfeeding peer counsellor led

• **Hornby Breastfeeding- Tuesdays 10am-12**
 Group is in recess. Apologies for the inconvenience.

• **Richmond Cottage Breastfeeding**
Wednesdays 10am—12 Corner of London & Pavitt Streets—off Stanmore Road
Contact Rachel (03) 3445062 or 0800669957

• **Te Māhuri Breastfeeding groups for young parents under 24 years** **WOOLSTON & BARRINGTON**
Mondays 10.30am-12. Woolston Plunket Rooms 640 Ferry Road: **Contact Jenny 0278984802**

Fridays 10.30am-12 Barrington Plunket Rooms, Conway Street, Barrington **Contact Azalia 0278984803**

• **St George's Maternity Breastfeeding Clinic**

FREE Lactation Consultant run Breastfeeding Clinic held Mon, Tues, Thurs, Fri 10am-12 at the Maternity Unit St George's Hospital.
Phone (03) 375 6020 for an appointment (appointment only)

Rural Canterbury PHO Baby Feeding Service – FREE

Consultations with International Board Certified Lactation Consultants (IBCLC) at home, at a mutually agreed venue or at clinics by appt. Referrals from Midwives, La Leche League, Tamariki Ora Well Child Services, GPs, practice nurses or other health providers necessary.
Contact (03) 3574970 or 0800800743 ext 213 for enquiries and/or referral forms. Form available on the website & can be submitted on line - <http://www.rcpho.org.nz/>

RCPHO FREE Breastfeeding Groups – breastfeeding peer supporter led

Contact Janine (03) 3574970 ext 212 or 0275881007 or Janine_Pinkham@rcpho.org.nz
 Facebook—Mother4Mother Breastfeeding Support

• **Aranui Mondays 10am-12.** Aranui Library, 109 Aldershot St

• **Bishopdale Tuesdays 10am-12** Parents Centre, Unit 2 /2 Leacroft St . Lactation Consultant Clinic runs at the same time

• **Halswell Thursdays 10am -12** Halswell Plunket Rooms, 16 Fern Street, Halswell. Lactation Consultant Clinic runs at the same time

• **Rolleston Fridays 10am-12** Rolleston Plunket 1 John Street, Contact Claire 021 068 9428

• **Lyttelton Mondays 10am- 12** 25 Winchester St, Plunket Rooms at the Recreation Centre Facebook Lyttelton **Contact Andrea 0210712901**

• **New Brighton Wednesdays 10am 12** Grace Vineyard Campus, 111 Seaview Road, New Brighton **Contact Cherie 0278711145**

• **Shirley Te Puna Oraka, Shirley Hub Thursdays 10am-12.** 69B Briggs Road. Lactation Consultant Clinic runs at the same time

• **Young Parents Breastfeeding Group** IN RECESS, Facebook only **Contact Janine for info (03) 3574970 ext 212 or 0275881007**

• **Akaroa**
 One to one support available
Contact Jenna (03) 3048876/0211706106

• **Ashburton Mondays 10am -12**
 Ashburton Plunket Centre, 222 Cameron St **Contact Ellie (03)3087894/021807762** or join Facebook Breastfeeding Mid Canterbury

• **Rangiora Hospital Fridays 1st & 3rd of the month 10am-12.** Rangiora Hub Whānau Room, 161 Ashley St Rangiora.
Contact Sharee 027 303 0024