

## Breastfeeding Support Within Counties Manukau During Covid-19 Alert - Adapting Services To Meet Your Needs

Breastfeeding Support continues to be available in all our maternity facilities and in the community. Home visits may not always be available, but other options are.

Talk to **your midwife** if you are pregnant or under 6 weeks post birth.

Talk to **your Well Child Provider** if you're more than 6 weeks post birth, or your midwife has handed over care to your WCP.

**Midwives and nurses** are available to help and support all mothers and babies during their stay in **our maternity facilities**. This is available 24/7 at Botany, Papakura and Pukekohe **Primary Birthing Units. Also at Middlemore Hospital** with additional support from Breastfeeding Advocates and Lactation Consultants. Once discharged, talk to your midwife or contact one of the community groups below.

Midwives are available at **Nga Hau Birthing Centre** 09 281 2046

**In the South Auckland community**, at least four options are available:

### **B4Baby**

- Mothers who are not previously registered with B4Baby can be referred for **community breastfeeding support – antenatally, and after discharge from hospital**.
- The B4Baby team will make follow up calls in a timely manner, to give mothers information on breastfeeding, to help and support them during this time.
- Support will be via **phone calls or Zoom**. There will be no home visits.
- A **Lactation Consultant** will work with more complex cases to support mothers.
- Support will be on-going until mothers are confident to breastfeed on their own.
- Progress on all referrals can be communicated to midwives with mother's consent.
- **Referrals can be sent to Turuki Health** Email: [referrals@thc.org.nz](mailto:referrals@thc.org.nz) Fax 092755711.

**La Leche League** (on-line, Facebook) [www.la lecheleague.org.nz/](http://www.la lecheleague.org.nz/) and [Facebook page](#)

**Lactation lock down** [Facebook page](#). These are a group of Lactation Consultants providing a free service around the country during the Lockdown period.

### **Te Rito Ora**

- Te Rito Ora provide **community breastfeeding support services** for Counties Manukau Area (South Auckland).
- This service has extended its support to offer **SMART phone video calls** to family at home during the lockdown, in addition to usual **phone calls**.
- If a face-to-face consult is required, this would be discussed individually at the time.
- There is a **Lactation Consultant** able to help with complex breastfeeding issues and Kaitipu Ora Workers (**Breastfeeding Peer Supporters**) who provide breastfeeding support and education. Te Rito Ora talk to mothers antenatally, postnatally, and help with feeding queries for children up to 2 years old.
- **Referrals accepted via the 0800 phone and from LMCs.**
- Te Rito Ora staff are able to liaise with other CM Health staff on the mother's behalf and with other breastfeeding organisations like the ones listed above.
- The Te Rito Ora staff work from Lambie Drive Monday- Friday 08:00-16:30.
- **Our contact is 0800 HELP BF (0800 435 723) or email [TeRitoOra@middlemore.co.nz](mailto:TeRitoOra@middlemore.co.nz)**