

CCDHB Community Breastfeeding support during Level 4 COVID19

Community Breastfeeding Team

- Refer as normal
- Team will give phone support face to face contact is not possible

Breastfeeding Centre

- Closed

Tongue Tie Clinic

- Refer as normal or ring Annette Hobbs-Tuitea on 0277033765
- Please Include a photo of the baby's frenulum with the referral

Resources

- I know that your time is being limited with your women so for extra breastfeeding support for your women, remind your women to look at their **orange card** in their Well Health baby book.

Specifically Global Health Media Project the links that we sending to the cancelled breastfeeding classes are below.

There is also Plunket Line with trained Lactation Consultants 24hrs a day **0800933922** they can do ZOOM calls (so face to face consultations on the internet)

How to Express Breastmilk

<https://globalhealthmedia.org/portfolio-items/how-to-express-breastmilk/?portfolioCats=191%2C94%2C13%2C23%2C65>

Attaching your baby at the breast:

<https://globalhealthmedia.org/portfolio-items/t/?portfolioCats=199%2C134%2C16%2C33%2C75>

Is your baby getting enough milk?

<https://globalhealthmedia.org/portfolio-items/is-your-baby-getting-enough-milk/?portfolioCats=191%2C94%2C13%2C23%2C65>

Increasing your milk supply:

<https://globalhealthmedia.org/portfolio-items/increasing-your-milk-supply/?portfolioCats=191%2C94%2C13%2C23%2C65>