

Wellington Region Breastfeeding Support Services during Covid-19 Lockdown

- Plunketline with Lactation Consultant Zoom videocalling 0800 933 922.
- Wellington Region Community Plunket Lactation Consultant service continues to run in a limited capacity Monday-Thursday. Lucy Griffiths IBCLC can provide one lactation consult daily via phone or Zoom videocall.
- Babies in Arms is running online support using Zoom, check their facebook page for the link, Mondays 10-11am.
- La Leche League will continue to run group support online using Zoom. Check out the website to contact your local LLL: www.lalecheleague.org.nz/get-help
- CCDHB Community Breastfeeding support- refer as normal and the team can provide phone support, face to face for inpatients only.
- CCDHB Tongue Tie Clinic (CCDHB only); refer as usual or ring Annette Hobbs-Tuitea on 027 703 3765. Please include a photo of the baby's frenulum with the referral.
- The Porirua Breastfeeding Centre drop in clinic has closed.
- Newtown Breastfeeding Centre is offering online consults, see www.wellingtonbreastfeeding.co.nz
- Hutt Maternity Lactation Consultant Rietha De Coning- face to face is limited to inpatients only, but you can phone (04) 587 2556 for advice.
- Whangai Pepe Hutt Breastfeeding service continues to provide support via phone, facetime, or WhatsApp. Email referral to; milly@atiawa.com or call 027 555 7741. If necessary after initial phone/videocall, the Lactation Consultant may offer a face to face clinic visit with all required precautions. Breastpumps can also be loaned out when meeting criteria.
- Milk Cafe at Te Awakairangi Birthing Centre in Melling has closed.
- Wharekai Pepe at Koraunui Marae, Stokes Valley have closed, but are offering Skype group meetings, please email; wharekaipepecommittee@gmail.com.

- Kapiti Breastfeeding Support at Paraparaumu Maternity Unit- face to face care is limited to inpatients only, but you can call (04) 903 0205 for advice.
- Many private IBCLCs are offering online or phone support. Following are the Wellington Region Private IBCLCs: Kate Anderson via Zoom see www.evokehealthnz.co.nz for details, Liora Noy www.wellingtonbreastfeeding.co.nz, Mary-Clare McCarthy, Cheryl Ganly-Lewis, Jane Scobie.

Resources from the CCDHB and HVDHB Orange Cards

Global Health Media Project links in lieu of cancelled breastfeeding classes:

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>

Latching and positioning resources:

<https://kellymom.com/ages/newborn/bf-basics/latch-resources/>

Helpful Websites

www.kellymom.com

www.la lecheleague.org.nz

www.lowmilksupply.org

www.health.govt.nz

www.nzlca.org.nz

www.moh.govt.nz/breastfeeding

www.bfar.org

www.breastfeedinginc.ca

<https://www.facebook.com/Youngparentsbreastfeeding/>

www.huttmaternity.org.nz

www.facebook.com/huttmaternity

Breast compression video with Dr Jack Newman:

<https://www.youtube.com/watch?v=RymUDeCAt18>

Maximising Milk Production Video:

<http://med.stanford.edu/newborns/professional-education/breastfeeding/maximising-milk-production.html>

Recommended apps

'Breastfed NZ App'

www.breastfednz.co.nz

'Mama Aroha App'

www.mamaaroha.co.nz