

FREE COMMUNITY LACTATION SERVICES MDHB:

COMMUNITY BIRTH SERVICES (CBS)



www.communitybirthservices.org.nz

Complete online referral OR Phone or text for appointment

Hours: 9am – 3pm Monday-Wednesday

022 528 2466 (022 LATCHON)

Clinic: Awhina Midwives, 2B Pitama Road, Awapuni, Palmerston North.

info@communitybirthservices.org.nz



COVID Level 4 – **Digital/Phone Consults Only** (No face to face)

COVID Level 3 – **Digital/Phone consults Only** (No face to face)

COVID Level 2 – **Digital/Phone consults** (preferred) and **clinic/home appointments** on a triaged and case by case basis

COVID Level 1 – **Digital/Phone Consults** and **clinic/home appointments** -business as normal

Milk Café - TE PAPAIOEA BIRTHING CENTRE

Drop in support/coffee group with Lactation Consultant present,

Every Wednesday 10am-12pm, 117 Ruahine Street Palmerston North.



[Facebook Page – Milk Café – Te Papaioea Birthing Centre](#)

COVID Level 4/3 – **No face to face service, Tele-consults 10-12pm Wednesdays**

COVID Level 2 – Normal services with social distancing etc.

LA LECHE LEAGUE - www.lalecheleague.org.nz

First Monday each month, 10am-11.30am at Te Papaioea Birthing Centre.



Telephone help at any time, free lending library and free leaflets on a wide range of breastfeeding topics.

Lynlee: 0211751454

Natasha: 0273800115

Contact:

Lily: 0221910568 (speaks Mandarin)



COVID Level 4/3 – **Phone Services only**

COVID Level 2 – Normal services with social distancing etc.

WHANGAI ORA MILK BANK (WOMB)



info@whangaiora.org.nz

0272669547

www.whangaiora.org.nz

Ground Floor of Te Papaioea Birthing Centre



COVID Level 4/3 – **Services continue with restrictions**

COVID Level 2 – Normal Services with social distancing

PLUNKET LINE 0800 933 922



Telephone and Zoom breastfeeding support can be given by a Lactation Consultant.



COVID Level 4-1 – Normal services

TONGUE TIE SERVICES – HOKOWHITU MEDICAL



Dr Sam Illing/Jackie Wheeler IBCLC

Hours Mon-Fri 830am-5pm

Contact: 06-357 2092

hokomedical@yahoo.com

8 Pahiatua Street, Hokowhitu, Palmerston North

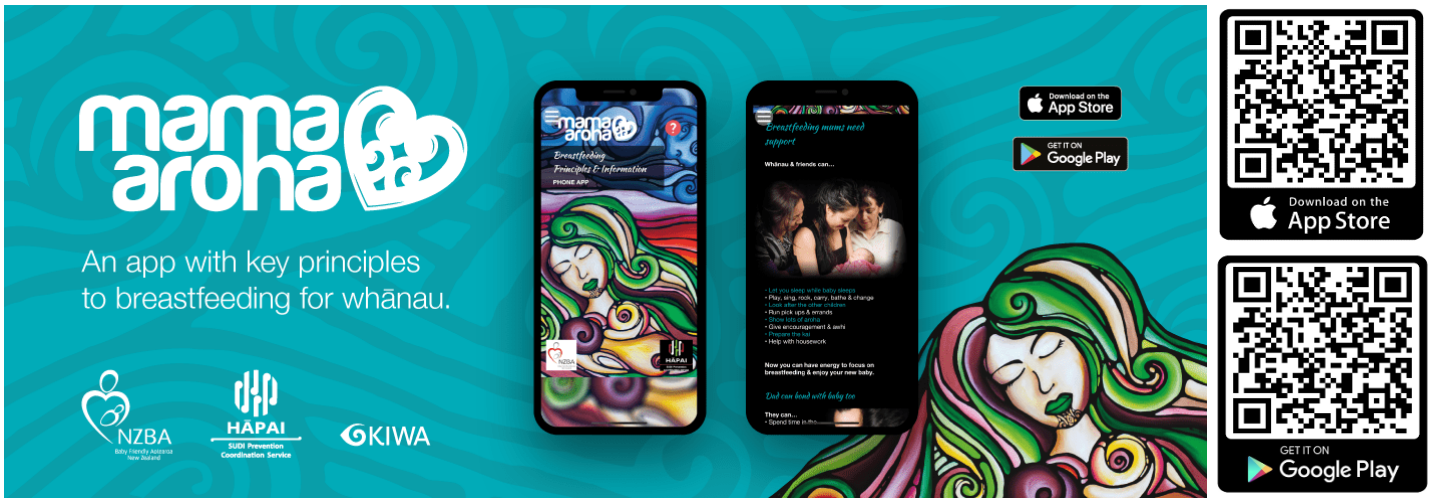


COVID Level 4-1 – Normal services - **Ring in advance** to book appointment and see what precautions are required (e.g. masks)

DIGITAL BREASTFEEDING REASOURCES

APPS:

Mama Aroha



The advertisement for the Mama Aroha app features a teal background with a stylized illustration of a woman with long, flowing hair. The app's logo, 'mama aroha', is prominently displayed in white. Below the logo, the text reads 'An app with key principles to breastfeeding for whānau.' Logos for NZBA, HAPAI, and KIWA are shown at the bottom left. Two smartphone screens display the app's interface, including a 'Breastfeeding means need support' screen and a 'Whānau & friends can...' screen. Download buttons for the App Store and Google Play are visible, along with two QR codes for easy access.

BreastFedNZ



FeedSafeNZ



SOCIAL MEDIA:



BreastFedNZ
Breastfeedingnz



Breastfeedingnz

@breastfeedingnz · Community Organization

Breastfeeding Videos:



- * The Joy Series Breastfeeding Videos
- * Breastfeeding Naturally Series Videos

ONLINE BREASTFEEDING SUPPORT

www.breastfednz.co.nz

www.healthnavigator.org.nz/videos/b/breastfeeding-videos/breastfeeding-getting-started/

www.raisingchildren.org.nz/breastfeeding

www.womens-health.org.nz/programmes/breastfeeding-activities

www.moh.govt.nz/breastfeeding

kellymom.com

globalhealthmedia.org/videos/breastfeeding

INFORMATION ON RETURNING TO WORK:

Returning to Work, Your Rights as a breastfeeding Mother

www.bfw.org.nz – breastfeeding and working www.hrc.co.nz/our-work/women/breastfeeding