

Resources

World Health Organisation website:
<http://www.who.int/topics/breastfeeding/en/>

UNICEF website:
<https://www.unicef.org.uk/babyfriendly/what-is-baby-friendly/the-benefits-of-breastfeeding/>

Visit our website for information on pregnancy, giving birth and taking care of your baby
All HVDHB Breastfeeding Policies are available on our website.

www.huttmaternity.org.nz




www.facebook.com/huttmaternity

Get Your FREE Breastfeeding App

Information - when you want it, where you want it, as you want it

Available now to download




Download the **BreastFedNZ** app to find breastfeeding help, information and support.

Search Google Play or iTunes stores for 'BreastFedNZ'




Download on the App Store

GET IT ON Google play



Midland District Health Boards
www.midlandhbs.health.nz
Midland Maternity Action Group



www.breastfednz.co.nz

BreastFedNZ

Te Whatu Ora
Health New Zealand
Capital, Coast and Hutt Valley

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Breastfeeding Support in the Community





Support Networks

Lactation Consultants (Hutt Hospital Maternity)

Breastfeeding Support Clinic

Appointments for help and support with breastfeeding issues up to 6 weeks postnatal
LMC or Self-referral 04 570 9019

Email: lactation.consultants@huttvalleydhb.org.nz

Milk Café – Te Awakairangi Birthing Centre at Melling

Breastfeeding support group held in the Te Awakairangi Birthing Centre education room

Open to breastfeeding mums of babies of any age. There is no need to book and it is free of charge.

Zoom breastfeeding support available

Facebook: [Milk Cafe with Liora](#)

Email: lioranoy3@gmail.com

La Leche League

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

Facebook:

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

Whāngai Pēpē Breastfeeding Support Service (Free)
(Te Rūnanga o Te Āti Awa)
148 Whites Line East

Māmā are supported by a lactation consultant and breastfeeding peer counsellors (experienced breastfeeding māmā). Appointments available at the Waiwhetu Hauora Clinic or māmā can attend a drop-in session in the Hutt. Breastpumps available for hire (koha/with certain criteria)

027 555 7741

Email: whangaipepe@atiawa.com

Facebook: www.facebook.com/WhangaiPepe
www.atiawa.com/services/hauora-promotions/breastfeeding

Plunket Line's Lactation Consultant Video calling Service

Ring 0800 933 922 to book a video call appointment

Phone advice

Health Line 24hours - 0800 611 116

Plunket Line 24hours - 0800 933 922

Scan here



Websites

<http://breastfeedinginthehutt.nz/>

www.kellymom.com

www.nzlca.org.nz

www.moh.govt.nz/breastfeeding

www.bfar.org

www.lowmilksupply.org

www.facebook.com/Youngparentsbreastfeeding/

www.nzlca.org.nz/find-a-lactation-consultant