

1.104009 Breastfeeding Support in your Community – Orange Card

Please order from the Print Room. Quote “Breastfeeding Support in your Community – Orange Card” CapitalDoc ID 1.104009



Breastfeeding Support in your Community

THE BREASTFEEDING CENTRE: TUESDAYS 10AM-1.30PM
ORA TOA HEALTH SERVICE
20 Ngatitoo Street, Takapuwhia, Porirua **FREE**

Pacific Breastfeeding Service, CCDHB **FREE** 04 978 2945
Available Mondays to Thursdays
Mary Ah Kuoi txt or call 027 224 2903
Fana Temese-To'omaga txt or call 027 571 6216

Kapiti Breastfeeding Support **FREE** 04 903 0205
Kapiti Health Centre,
Paraparaumu Maternity Unit. **Ring Unit Midwife for an appointment**

Newtown Breastfeeding & Parenting Support Centre 021 355 041
Mondays - School Term Only **Ring/Text for an appointment**
www.wellingtonbreastfeeding.co.nz **Koha Involved**

La Leche League - Breastfeeding Support Leaders
Provides information and monthly meetings in your area.
Janet Weber **KAPITI** 04 293 2411
Janice Kirkwood **MANA** 04 232 5052
Carolyn Driver-Burgess **WGTN** 027 4421 829

Plunket Community Lactation Consultant – available throughout
Wellington, Porirua, Kapiti and the Hutt Valley.
FREE appointment by self-referral or through your health professional,
Email: lucy.griffiths@plunket.org.nz

PLUNKETLINE 24 Hours 0800 933 922
Lactation Consultant Video calling Service: Call to book an appointment

International Board Certified Lactation Consultant (IBCLC)
www.nzlca.org.nz **Cost Involved** 0800 452 282

RECOMMENDED APP & WEBSITES
‘BreastFed NZ’ www.breastfednz.co.nz
Download from App Store on your smart or android phones
www.kellymom.com www.lalecheleague.org.nz www.health.govt.nz
Videos:
Maximising Milk Production Stanford
Breast compression video with Dr Jack Newman
<https://www.youtube.com/watch?v=RymUDEcAt18>
Global Health Media Breastfeeding
Series use QR code: 

July 2021 (Review December 2021)



Breastfeeding Support in your Community

THE BREASTFEEDING CENTRE: TUESDAYS 10AM-1.30PM
ORA TOA HEALTH SERVICE
20 Ngatitoo Street, Takapuwhia, Porirua **FREE**

Pacific Breastfeeding Service, CCDHB **FREE** 04 978 2945
Available Mondays to Thursdays
Mary Ah Kuoi txt or call 027 224 2903
Fana Temese-To'omaga txt or call 027 571 6216

Kapiti Breastfeeding Support **FREE** 04 903 0205
Kapiti Health Centre,
Paraparaumu Maternity Unit. **Ring Unit Midwife for an appointment**

Newtown Breastfeeding & Parenting Support Centre 021 355 041
Mondays - School Term Only **Ring/Text for an appointment**
www.wellingtonbreastfeeding.co.nz **Koha Involved**

La Leche League - Breastfeeding Support Leaders
Provides information and monthly meetings in your area.
Janet Weber **KAPITI** 04 293 2411
Janice Kirkwood **MANA** 04 232 5052
Carolyn Driver-Burgess **WGTN** 027 4421 829

Plunket Community Lactation Consultant – available throughout
Wellington, Porirua, Kapiti and the Hutt Valley.
FREE appointment by self-referral or through your health professional,
Email: lucy.griffiths@plunket.org.nz

PLUNKETLINE 24 Hours 0800 933 922
Lactation Consultant Video calling Service: Call to book an appointment

International Board Certified Lactation Consultant (IBCLC)
www.nzlca.org.nz **Cost Involved** 0800 452 282

RECOMMENDED APP & WEBSITES
‘BreastFed NZ’ www.breastfednz.co.nz
Download from App Store on your smart or android phones
www.kellymom.com www.lalecheleague.org.nz www.health.govt.nz
Videos:
Maximising Milk Production Stanford
Breast compression video with Dr Jack Newman
<https://www.youtube.com/watch?v=RymUDEcAt18>
Global Health Media Breastfeeding
Series use QR code: 

July 2021 (Review December 2021)



Breastfeeding Support in your Community

THE BREASTFEEDING CENTRE: TUESDAYS 10AM-1.30PM
ORA TOA HEALTH SERVICE
20 Ngatitoo Street, Takapuwhia, Porirua **FREE**

Pacific Breastfeeding Service, CCDHB **FREE** 04 978 2945
Available Mondays to Thursdays
Mary Ah Kuoi txt or call 027 224 2903
Fana Temese-To'omaga txt or call 027 571 6216

Kapiti Breastfeeding Support **FREE** 04 903 0205
Kapiti Health Centre,
Paraparaumu Maternity Unit. **Ring Unit Midwife for an appointment**

Newtown Breastfeeding & Parenting Support Centre 021 355 041
Mondays - School Term Only **Ring/Text for an appointment**
www.wellingtonbreastfeeding.co.nz **Koha Involved**

La Leche League - Breastfeeding Support Leaders
Provides information and monthly meetings in your area.
Janet Weber **KAPITI** 04 293 2411
Janice Kirkwood **MANA** 04 232 5052
Carolyn Driver-Burgess **WGTN** 027 4421 829

Plunket Community Lactation Consultant – available throughout
Wellington, Porirua, Kapiti and the Hutt Valley.
FREE appointment by self-referral or through your health professional,
Email: lucy.griffiths@plunket.org.nz

PLUNKETLINE 24 Hours 0800 933 922
Lactation Consultant Video calling Service: Call to book an appointment

International Board Certified Lactation Consultant (IBCLC)
www.nzlca.org.nz **Cost Involved** 0800 452 282

RECOMMENDED APP & WEBSITES
‘BreastFed NZ’ www.breastfednz.co.nz
Download from App Store on your smart or android phones
www.kellymom.com www.lalecheleague.org.nz www.health.govt.nz
Videos:
Maximising Milk Production Stanford
Breast compression video with Dr Jack Newman
<https://www.youtube.com/watch?v=RymUDEcAt18>
Global Health Media Breastfeeding
Series use QR code: 

July 2021 (Review December 2021)