



# Breastfeeding Support Otago and Southland

Edition 18

## Tēnā koutou

Welcome to the 18th edition of the Breastfeeding Support Otago and Southland Newsletter

If you would like to receive these newsletters please email:

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## Contents

Celebrating Graduations!	2
Round the Regions	3
Breastfeeding Research	4
Feed Safe	4
Breastfeeding Peer Supporter profile- Kirsty Greenwood	5
A Breastfeeding Funny	5



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# Celebrating Graduations!

Congratulations to these women who recently completed their Peer Supporter training course! Learn more about them by checking out their profiles on [www.breastfeedingsos.co.nz](http://www.breastfeedingsos.co.nz)

## Dunedin



Back row (L-R): Tracy Courname with Chloe and Pippa, Nika Wood, Maegan Cockburn, Kate Chinn and Liza, Bushie Calvert, Justine Lam-Sam-Tai, Shelley Gorman

Front row (L-R): Bryony Harrison, Sadia Farzana

## Wanaka



Back row (L-R): Gill Boyes, Catkin Bartlett, Sarah Kivi, Nicola Rae and Eisha, Belinda Ricketts, Aleisha Murphy

Front row (L-R): Bridget MacKay and Marcela, Anna McConville

# Round the Regions

## Clutha – Louise Thompson

The past three months have been busy for Clutha Peer Supporters. In World Breastfeeding Week we tried something a little different and had a “Fun, Food, Fairies and Feed” special midwinter playgroup. This was a real success with over 30 mums and their children attending and 19 latches. The event was promoted as a fun get together with participation in the BLO voluntary. We were grateful to have morning tea sponsored by WellSouth, and local law firm, Sumpter Moore sponsored a massage therapist to give parents shoulder and neck massages and two fairies to play with the children. We also had spot prizes from some local businesses.

We also had four new Peer Supporters graduate recently: Nic Ryan, Trista Perrin, Katrina McKenzie and Sarah Cragg. We welcome these wonderful people to our peer support whānau and thank them all for giving their time to support others in their community.

In our last few meetings we have covered some really interesting and important topics, such as allergies and intolerances, child protection, probiotics and breast pain. We also reviewed the Queen Mary and our local maternity hospital, Clutha Health First’s breastfeeding policies and provided written input to both. This was well worth doing as it helped all of us really think about the role of maternity services in promoting, supporting and protecting breastfeeding and we also had opportunity to discuss the Baby Friendly Hospital Initiative.

## Southland – Lisa Morfett

The Southland Peer Supporters are looking forward to hosting a feeding and changing area at the Christmas Fete later this month. They have been supporting mums at The Milk Room and having discussions on what 2019 will bring and how we can support mums in our communities.

Te Anau were granted \$500 for books and resources from the Meridian Power Up Fund so this is fabulous for the whānau of the area to have these available to them.

The next Peer Supporter course will be held in the first term of 2019 so advertising for this will be started soon.

We have welcomed some new babes into the peer supporter family and we are all looking forward to the warmer weather and family time at Christmas. Safe holidays to everyone!

## Central Otago – Catkin Bartlett

Lots of great new things are happening all across Central.

- **Mums4Mums Wakatipu:** Queenstown Peer Supporters now offer this group the first and third Tuesday of the month at the Plunket Rooms this replaces the Queenstown and Arrowtown Breastfeeding Cafes with a more holistic approach.
- **Let’s Talk Cromwell:** continues to meet first and third Thursday of the month at Plunket. There are many new babies arriving in this area and 2019 will see closer links between Plunket and the Peer Supporters
- **Mums4Mums Central Otago:** will be in a revamped space at the Alexandra Baptist Church in 2019 on the first and third Wednesday each month.
- **Wanaka Well:** Gathering at the well has been a female tradition throughout many cultures for millennia. It is here that women access support, advice and reassurance from other women. Now in Wanaka there is a twice monthly drop in session at “the well” to see a free lactation consultant for expert breastfeeding help and meet with the peer supporters in a sociable, family friendly, nurturing environment. The Well is hosted at Plunket and is funded by Central Lakes Breastfeeding Charitable Trust with support from WellSouth for peer supporters to travel from across the district.

Peer Supporters do a great job keeping these groups going but we realise they need support too. We are looking for older volunteers to help the groups, make the cups of tea, entertain toddlers, set up and pack up so that we have the real intergenerational village happening.

**Peer Supporter Training** – a new group of eight women from Queenstown, Cromwell, Hawea, and Wanaka completed their training at the end of November.

**Perinatal Anxiety and Depression Aotearoa (PADA)** coordinated a professional development day in Queenstown. Our wonderful Central Lakes Peer Support Coordinator Catkin Bartlett presented to the group of around 30 which included midwives (some who travelled from Timaru and Invercargill) mental health clinicians, play therapists, early childhood educators, SPACE facilitators, Plunket staff. Presentations and information can be accessed from your PSPC’s. A video of Catkin’s presentation is best viewed with her PowerPoint. It was challenging for the amateur photographer!!

## Dunedin and Waitaki – Bushie Calvert

Kia Ora Koutou. Another busy few months have gone by and our peer support community has been as busy as ever and has expanded with nine women participating in the September Dunedin-based training. As always, it was a wonderful group of women, (and children/babies), who all came together in their passion for helping other women to have positive breastfeeding experiences. Enabling mums to bring their babies/children, creates, in my experience, the most wonderful, relaxed and supportive learning environment. Another Dunedin-based training is started on November 20 after several women expressed interest in becoming peer supporters after the September course finished.

The Queen Mary Peer Support Service is going well. We have had a very small but dedicated team of volunteers committed to offering peer support at Queen Mary on a Monday morning and we are beginning to see the flow-on effect of this service on self-referrals to The Breast Room and women in other regions engaging with their local peer support.

The Milk Room has had a busy time the last few weeks after a quieter period over the winter. Two of the women who trained in this year's Oamaru-based training are now regular volunteers at The Milk Room. It is great to see new graduates have an existing service they can put their newly acquired information and skills to use in and start supporting breastfeeding mums.

We have settled in well at the new Breast Room and have had some very busy mornings with four or five mums coming along with grandmothers and partners too. It is always so lovely to meet other family members and be able to emphasise how important their role is too, for the baby and the breastfeeding mother. It really does take a village.

Several peer supporters from both Waitaki and Dunedin have taken up the opportunity to study a Breast-Ed module. This will be a great note to end the year on and a great way for all of us to learn from each other in the new year.

## Breastfeeding Research

Mahire. K.M. et al (2018). Predictors of breastfeeding duration in a predominantly Māori population in New Zealand. *BMC Paediatrics*; 18:1-10.

This study found that the breastfeeding duration in this group of mainly Māori women was shorter than the national average. Increasing the duration of breastfeeding by these mothers could be further facilitated by ante and postnatal education involving their own mothers and their partners in the support of breastfeeding and by addressing pacifier use, smoking and alcohol use.

Study available from: <https://bmcpediatr.biomedcentral.com/articles/10.1186/s12887-018-1274-9>

## Feed Safe

The festive season is looming, Christmas will soon be upon us and let's not forget the New Year's celebrations. Breastfeeding mothers can struggle during this time, and may feel like they can't relax with their friends and whānau and have a glass of wine or a beer. However, Feed Safe is here to help!

With the Feed Safe app, women are able to enjoy an alcoholic beverage (1-2 standards) safely whilst continuing to breastfeed.

Mothers, whose baby is more than one month old, can put in their height, weight and alcohol intake, and the app accurately estimates when their breastmilk should be free from alcohol. Feed Safe even includes a countdown timer! Mothers are also provided with a handy guide to understand how much alcohol is in a common drink, and what happens if a mother drinks more than she had planned.

FeedSafe is available on iOS: App store [appstore.com/feedsafenz](https://appstore.com/feedsafenz) &

Google Play <https://play.google.com/store/apps/details?id=au.com.rhpi.feedsafenz&hl=en>



# Breastfeeding Peer Supporter profile

## Kirsty Greenwood

Hi, my name is Kirsty Greenwood, I have three boys, Zavier who was born early 2011 and Elijah born mid-2013 and Reid who was born in Oct 2015.

With our first son Zavier I had a good breastfeeding journey with a few challenges. I got mastitis a few times from very early on and also managed to feed through my journey of postnatal depression. Zavier had a couple of food intolerances which we worked through and I weaned him at 18 months due to society pressure.

My breastfeeding journey with Elijah was a bit more complicated. At 25 weeks pregnant we found lumps in my breast which turned out to be abscesses. These ruptured when Elijah was 6 weeks old resulting in surgery. Thankfully I had a good support system to help me through the recovery and continue breastfeeding exclusively through the process. Elijah had a tongue tie which was diagnosed and snipped around 3 weeks old. I also continued through another round of postnatal depression and Elijah started to self-wean at 22 months although I would have been happy to tandem feed if he decided to continue.

Reid's journey was different again. Reid has had reflux and chronic ear infections, unique GI issues, intolerances and a rare medical condition since 6 weeks old and also a few bouts of oral thrush which lead to a very tender few weeks of feeding. During this time I have had postnatal depression again and also had my own health journey.

I have been a breastmilk donor and wet nurse during my time breastfeeding. I am passionate about helping mothers know what is normal, and supporting mothers to know their breastfeeding rights so they can enjoy their journey and the mother/child relationship is protected. This includes pregnant mothers who want information or support heading into their breastfeeding journey. I'm also passionate about helping women find solutions or the right help for any breastfeeding challenges they may have.

I have personal experience in tongue ties, allergies and intolerance, reflux, undersupply and oversupply, engorgement, blocked ducts, thrush, nipple trauma, latch issues, social pressures, mental health, mastitis, pumping, breast surgery and surgery during breastfeeding, breastfeeding through attachment and baby wearing, breastfeeding through mother and child chronic illness, wet nursing, milk donation and supplementation, blebs and weaning.



## A Breastfeeding Funny

