





Breastfeeding Support

ACROSS OTAGO AND SOUTHLAND


- Breastfeeding Support Otago and Southland (BFSOS). Trained peer supporters.
Website: www.breastfeedingsos.co.nz Phone, text, email and/or home visit

SOUTHLAND

INVERCARGILL

- The Milk Room Drop-in Centre, Wed 10 – 11am, Plunket, 132 Kelvin St, Lisa 027 322 0869,  Breastfeeding Support Southland and the Milk Room Invercargill
- La Leche League:
 - Phone, text, email and/or home visit. Lisa 027 322 0869  La Leche League Invercargill
 - Monthly meetings. <https://lalecheleague.org.nz/get-help/>
- Lactation Consultants:
 - Mary Grant, Southland Hospital Lactation Consultant – free service,
Ph: 03 218 1949 ext: 48376 Email: mary.grant@southernhb.govt.nz
 - Gina Rutledge, Private Lactation Consultant providing home visits. Private message on  Love Lactation or  Love Lactation, email love.lactationnz@gmail.com

LUMSDEN


- La Leche League: phone/text/email and/or home visits. Christine 021 157 6296 or 03 248 7205  La Leche League Invercargill

COASTAL OTAGO

BALCLUTHA


- Clutha Breastfeeding Drop-in Centre, 10am – 12pm, 2nd & 4th Thurs of month, South Otago Plunket, Clyde Street,  Breastfeeding Support South Otago

DUNEDIN

- The Breast Room® Drop-in Clinic, Thurs 10.30am-12.30, 1st Floor, South City Mall, South Dunedin Phone/text/email support 027 891 1270, getsupport@thebreastroom.org, www.thebreastroom.org
- La Leche League:
 - Message, phone, text, email and/or home visits. Brylin 03 467 5599; text Lydia 021 476 991, email LLL.dunedinwest@gmail.com,  La Leche League Dunedin West
 - Monthly meetings: La Leche League Dunedin West [Facebook.com/llldunedin](https://www.facebook.com/llldunedin)
- Lactation Consultants (private – there may be a charge for visits):
 - Nourish: webpage: www.nourishbaby.nz
 - Carrie van Rij, Ph: 021 021 81144, Email: carrie@nourishbaby.nz,
 - Donna Dalzell, Ph: 027 243 7350, Email: donna@nourishbaby.nz


- Pauline Moore, Ph: 021 184 6858, Email: pauline@nourishbaby.nz
- Stefanie Kalmakoff, Ph: 027 3305 503, Email: woodkal@xtra.co.nz
- Dunedin Antenatal Breastfeeding Classes: Sessions held monthly. For details email breastfeedingclass@thebreastroom.org or text 022 082 7710

OAMARU

- The Milk Room Drop-in Centre: Tues 9.30– 11.30am, Plunket Rooms, Severn St,  The Milk Room North Otago, Lydia ph. 027 636 3663

CENTRAL OTAGO


ALEXANDRA

- Mums 4 Mums Drop-in Centre: 1st & 3rd Wed of month, 10.30am-12, Alexandra Baptist Church, 6 Gregg St,  Mums 4 Mums Alexandra, Kylie ph. 021 040 7770


CROMWELL

- Mums 4 Mums drop-in Centre, 2nd & 4th Wed of the month. 10.30am - 12pm, The Hangout on Murray Terrace.  Mums 4 Mums Cromwell, Kylie ph. 021 040 7770
- La Leche League: Phone/text/email support and/or home visits. Joanna, ph. 03 428 3979 email jalecheleaguecromwell@gmail.com

WANAKA

- Wanaka Well Drop-in Centre: 2nd & 4th Tues of month, 10-12pm, Plunket Rooms, 51 Ardmore St,  Wanaka Well ph. 0800 560 650

WAKATIPU

- Drop-in: Mums 4 Mums, 1st & 3rd Tues of month, 11am – 1pm, Plunket, 8 Henry St,  Mums 4 Mums Wakatipu, ph. 0800 560 650

ACROSS CENTRAL OTAGO

- Lactation Consultants:
 - Central Lakes Breastfeeding Charitable Trust (Free community lactation service), Phone, text, email and/or home visits. ph. 027 349 5473, Email lactationservice@gmail.com
 - Charlotte Aarden, Community Lactation Consultant, Central Otago Midwives, Free service for Central Otago, Breastfeeding equipment support, ph. 027 639 9005, Email: comidwives@gmail.com, Website: www.centralotagomidwives.co.nz
 - Maggie Morgan, Private Lactation Consultant, ph. 021 664 900 maggie.morgan4@gmail.com
 - Vanessa Logan (Smith), Lactation Consultant Central Otago Midwives, Community midwife, nurse, ph. 0276887327, vanessalogansmith.rnrmlc@gmail.com, Donation requested towards

resources for helping all women in Central Otago community (from those able to provide).

- Wendy Bryne, Private Lactation Consultant, ph. 027 632 6352

ADDITIONAL HELP

- Ask your LMC, Plunket Nurse or WCTO Nurse
- PlunketLine: Freephone 0800 933 922 (available 24/7) for an assessment and/or book a ZOOM video-conference with Plunket lactation consultants
- Healthline – 24-hr service, interpreter available, concerns about sick mums and babies 0800 611 116
- Free Apps:
 - BreastFedNZ
 - BURP
- Useful websites:
 - Ministry of Health <https://www.health.govt.nz/your-health/pregnancy-and-kids/first-year/helpful-advice-during-first-year/breastfeeding-perfect-you-and-your-baby>
 - La Leche League International <https://www.llli.org/>
 - KidsHealth <https://www.kidshealth.org.nz/tags/breastfeeding>
 - Australian Breastfeeding Association <https://www.breastfeeding.asn.au/>
 - Kelly Mom <https://kellymom.com/>