

Breastfeeding Support

OTAGO & SOUTHLAND

ACROSS THE REGION

- Trained peer supporters: [Breastfeeding Support Otago and Southland \(BFSOS\)](#) Phone, text, email and/or home visit
- Antenatal classes: [Online Breastfeeding Antenatal Classes](#)

SOUTHLAND

INVERCARGILL

- Breastfeeding Peer Supporters: The Milk Room, [f](#) Breastfeeding Support Southland and the Milk Room Invercargill Drop-in, message, phone, text, and/or home visits. Breast pumps for hire.
- Lactation Consultant: Gina Rutledge, Southland Hospital Lactation Consultant – referral from GP, midwife, Plunket, Ph: 03 218 1949 ext: 48376 Email: gina.rutledge@southerndhb.govt.nz

COASTAL OTAGO


BALCLUTHA

- Breastfeeding Peer Supporters: [Clutha Breastfeeding Drop-in Clinic](#), Drop-in, message, phone, text, and/or home visits. Breast pumps for hire.

DUNEDIN

- Drop-in Centre: [The Breast Room®](#), [f](#) [The Breast Room®](#) [i](#) [the.breastroom](#), Drop-in, message, phone, text, email and/or home visits. Breast pumps for hire. Ph. 027 476 1339, email getsupport@thebreastroom.org
- Mother-to-mother support: [f](#) [La Leche League Dunedin](#), Message, phone, text, email and/or home visits. Ph. Brylin 021 056 2947; text Lydia 021 476 991, email LLL.dunedinwest@gmail.com
- Peer Support for Pasefika women: [Tina-i-Tinā \(Mother-to-Mother\) Breastfeeding Peer Support Service](#) Ph. Charlotte 021 562 956, Finau 027 255 9908, Temukisa 022 455 4895
- Lactation Consultants (private – there is a charge for the service):
 - Donna Dalzell, Call, text, email and/or home visits. Ph. 027 243 7350, Email: donna.dalzell@proton.me
 - Stefanie Kalmakoff, Call, text, email Ph: 027 3305 503, Email: woodkal@xtra.co.nz
- Antenatal breastfeeding classes: [Dunedin Antenatal Breastfeeding Classes](#) In-person classes, sessions held monthly. For details email breastfeedingclass@thebreastroom.org or

OAMARU

- Drop-in Centre: [The Milk Room](#)  [The Milk Room North Otago](#), Drop-in, message, phone, text, email and/or home visits. Breast pumps for hire.
- Lactation consultant (private – there is a charge for the service): Sarah Knight, Call, text, email and/or home visits. Ph. 021 103 4090, email sjknight17@gmail.com

CENTRAL OTAGO / LAKES DISTRICT


CENTRAL OTAGO

- Lactation Consultants (free service for Central Otago):
 - Charlotte Aarden, Central Otago Midwives, Call, text, email and/or home visits. Ph. 027 639 9005, Email: comidwives@gmail.com, Website: www.centralotagomidwives.co.nz
 - Vanessa Logan Smith, Call, text, email and/or home visits. Ph. 027 688 7327, vanessalogansmith.rnrmlc@gmail.com

CENTRAL OTAGO & UPPER CLUTHA (NOT LAKES DISTRICT)

- 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


ALEXANDRA

- Drop-in Centre: [Mums 4 Mums Drop-in Clinic](#)  [Mums 4 Mums Alexandra](#), Phone, text, email and/or home visit. Breast pumps for hire.


CROMWELL

- Drop-in centre: [Mums 4 Mums Cromwell](#)  [Mums 4 Mums Cromwell](#), Phone, text, email and/or home visit. Breast pumps for hire.
- Mother-to-mother support: La Leche League, phone/text/email support. Joanna, ph. 03 428 3979 email lalecheleaguecromwell@gmail.com

WANAKA

- Drop-in centre: [Wanaka Well](#)  [Wanaka Well](#) Phone, text, email and/or home visit. Breast pumps for hire.

WAKATIPU

- Breastfeeding Peer Supporters: [Mums 4 Mums](#),  [Mums 4 Mums Wakatipu](#), Phone, text email and / or home visit. Breast pumps for hire.
- Lactation Consultant (private – there is a charge for the service): Sarah Wild, Call, text, email and/or home visits. Ph. 027 293 3973, email queenstownbreastfeeding@outlook.com

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:
 - Mama Aroha
 - 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/>

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