Healthinfo

www.healthinfo.org.nz –
search for Breastfeeding

Topics include:

- Overview of breastfeeding
- Starting to breastfeed
- Getting help with breastfeeding
- Breastfeeding issues
- Tongue-tie

There are several other useful links within these topics.

Canterbury
District Health Board
Te Poari Hauora ō Waitaha

Breastfeeding | Whāngai Ū

Information and support where and when you need it

Congratulations on the birth of your baby! If you are experiencing concerns about your pēpi, your breasts or breastfeeding/chestfeeding, within the first 4-5 weeks, please make contact with your LMC.

CanBreastFeed

CanBreastFeed is the website of the Canterbury Breastfeeding Advocacy Service – a Ministry of Health funded service, hosted by Te Puawaitanga ki Ōtautahi Trust, with the aim of reducing barriers to breastfeeding/bodyfeeding/chestfeeding for the Canterbury/Waitaha community.

The vast range of information relevant for both whānau and for those working with whānau with a new pēpi includes:

- Where to find infant feeding support locally
- Easy to access information on many topics related to infant feeding
- Downloadable resources that can be shared with whānau
- Infant-feeding stories from local whānau

This is a resource created by and for the community, which will develop in response to community feedback and input.

www.canbreastfeed.co.nz
canbreastfeed@omwwl.maori.nz

Mama Aroha App

The Mama Aroha app is FREE and the majority of the app functions well without the use of data.

It is a great source of basic breastfeeding information.

Topics include:

- The importance of breastfeeding
- Support for breastfeeding
- Skin to skin contact
- Supply and demand
- What to expect
- Feeding cues
- Latching and positioning
- Hand expressing and milk storage

Approved by the Ministry of Health. Endorsed by New Zealand Breastfeeding Alliance (NZBA). Created by Amy Wray, Board-certified Lactation Consultant (IBCLC).