

THE BREASTFEEDING TEAM



EMPLOYER

Emma's employer provided her with information during her pregnancy about her paid maternity leave entitlements – and also how the company supports breastfeeding mothers returning to work.

SHOP KEEPERS

One local shopkeeper offered to deliver Katie's meat. Another shop displays a sign saying breastfeeding mothers are welcome.

FRIENDS

Anna meets her friends for coffee every week, and baby Sam comes too and breastfeeds as they chat.

CHILD HEALTH NURSE

At a home visit, the Plunket Nurse offered Kayla advice and support with feeding and settling baby Mason. Kayla can also go to the Plunket Family Centre for more support.

Bindi's Child Health Nurse helped her keep score of Mary's goals (milestones). She has encouraged her to wait until about six months to begin solid foods.

FAMILY DOCTOR

Katie felt very nervous as a new Mum to Jennifer. Her GP reassured her that Jennifer was doing well. With this gentle encouragement, Katie gained confidence.



PARTNER

Sonya's partner, Paul, wasn't sure about breastfeeding, but he attended antenatal breastfeeding classes and read what Sonya was reading. In the end, he was Sonya's greatest coach!

GRANDPARENTS

One grandma had breastfed all her children, the other hadn't – but both supported Tara and told her they were proud of her for breastfeeding James.



MOTHER SUPPORT GROUP

Mei heard about the local ABA group while in the hospital. She has used the ABA's 24/7 Helpline.

Ngaire's sister introduced her to LLL and took her to her first meeting where other breastfeeding mothers shared information and supported her.

MIDWIVES

The support team of midwives from the hospital visiting Nikki at home helped coach her to remember baby Henry's breastfeeding cues and feel confident in her new role.

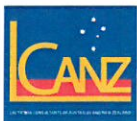
Rosie's LMC midwife gave her information during her pregnancy about breastfeeding and continued to support her after her baby was born.

IBCLC®

Lisa was able to find an International Board Certified Lactation Consultant® in her area on the "Find a Lactation Consultant" section of the LCA NZ website. She helped Lisa catch a blocked duct before it could develop to mastitis and answered Lisa's questions, helping her achieve her goal of problem-free breastfeeding.

EXTENDED FAMILY

Michaela's family minded her children or did her shopping when baby Anna was very new – a great support effort!



To find an IBCLC in your Community visit www.lcanz.org and click on "Find a Lactation Consultant."

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