

PlunketLine offers more free online specialist breastfeeding support

Online breastfeeding cafés run by lactation consultants are the latest in a suite of FREE specialist breastfeeding support services now available through PlunketLine.

The announcement comes as we celebrate World Breastfeeding Week (1-7 August 2023).

PlunketLine Clinical Leader Linda Wallace says breastfeeding is a learnt skill for both māmā and pēpi.

“Having support that people can access in a variety of ways that works best for them can make all the difference.

“When feeding is not going as planned, people can feel very isolated and alone. Our new week-day breastfeeding cafés are designed for a small group of up to five people. They can talk to our lactation consultants about any concerns they may have in a friendly, supportive, and judgment-free space – make new friends too.”

PlunketLine has a team of six specialist breastfeeding lactation consultant. In addition to running the Breastfeeding café they also provide one-on-one phone and video call services.

Whānau Āwhina Plunket nurses, kaiāwhina, health workers and the wider 24/7 PlunketLine team can also support with breastfeeding and answer any questions.

Where to get FREE breastfeeding support online

Breastfeeding cafés are available Monday - Friday, 11am-12pm. To find out more or book your spot, please call PlunketLine on 0800 933 922 and select option 2.

One-on-one phone and video calls with a lactation consultant. To find out more or book in, call PlunketLine on 0800 933 922. You can also book online through our website www.plunket.org.nz search ‘lactation consultant service’.

About Whānau Āwhina Plunket

Pēpi, tamariki and whānau are at the heart of Whānau Āwhina Plunket. The charity is Aotearoa New Zealand’s largest health and wellbeing support service for tamariki – seeing 290,000 under-fives. About 80% of newborns are enrolled with Whānau Āwhina Plunket each year.



Our nurses provide clinical assessments, and along with Kaiāwhina and Community Karitāne, support whānau and families, through home and clinic visits, as well as PlunketLine 0800 933 922, a free 24/7 telephone advice service for parents.

Our website plunket.org.nz is one of the country's most widely read digital child health resources, with 1.8 million visits each year. It is available data-free through the Zero Data portal at zero.govt.nz, and you can choose to view it in English or te reo Māori.

Pictured: PlunketLine Lactation Consultant Tracey Tretheway is part of the team providing online breastfeeding support over the phone or on video calls.



ENDS

For more information, please contact:

media@plunket.org.nz