



# Breastfeeding Support Otago and Southland

Edition 14

## Tēnā koutou

Welcome to the 14th edition of the Breastfeeding Support Otago and Southland E-Newsletter

To sign up for these newsletters: [health.promotion@wellsouth.org.nz](mailto:health.promotion@wellsouth.org.nz)



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# Newly Graduated Peer Supporters

Throughout May and June, Bushie Clavert, Lisa Dewhurst and Catkin Bartlett have been busy training Peer Supporters in Dunedin, Te Anau and Queenstown! A massive congratulations to those who completed the course.

Welcome to Breastfeeding Peer Support Otago and Southland! We must also give a huge thank you to all the existing Peer Supporters for the wonderful work you do to support, protect and promote breastfeeding in our region.

## Dunedin



Pictured left to right:  
Back: Hazel, Eloise, Marie, Ally, Wendy  
Front: Emma, Jemma, Bushie

## Te Anau



Pictured left to right:  
Back: Brooke, Helen, Anna, Kiri, Alanna, Diana  
Front: Anna, Gemma, Rachael, Rosie

## Queenstown



## Would you like that breast milk as a mocktail or a cocktail?

Can I have an occasional drink while I am breastfeeding? Should I 'pump and dump'? How does alcohol affect breastmilk? How long should I wait after having a drink before breastfeeding?

These important questions are all able to be answered by the app, Feed Safe. Developed by the Australian Breastfeeding Network, Reach Health Promotion Innovations and Curtin University, Feed Safe allows mothers to have an occasional drink (1-2 standard drinks) safely whilst breastfeeding. By inserting their height, weight and alcohol intake, the app accurately estimates when their breast milk should be free from alcohol. Feed Safe also includes a countdown timer. Mothers are provided with a handy guide to understand how much alcohol is in common alcoholic drinks and what happens if a mother drinks more than she planned.

New Zealand recommendations state that the safest option is not to drink whilst breastfeeding, however those who do wish to have an occasional drink should wait until baby is one month old. Having more than two drinks of alcohol regularly has been shown to not only be detrimental to the mother's health, but also affects their baby's health and development.

FeedSafe is available on:

iOS: App store [appstore.com/feedsafenz](https://appstore.com/feedsafenz)

Google Play: <https://play.google.com/store/apps/details?id=au.com.rhpi.feedsafenz&hl=en>

For more information on Breastfeeding Support in Otago and Southland visit: [www.breastfeedingsos.co.nz](http://www.breastfeedingsos.co.nz)

For more information contact: Sophie Carty 03 477 1163 or [health.promotion@wellsouth.org.nz](mailto:health.promotion@wellsouth.org.nz)



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# Round the Regions

## Invercargill



A huge congratulations to our Murihiku Peer Supporter Administrator Lisa Dewhurst and her whānau on the recent arrival of their wee boy Caleb James McIntosh Morfett. Caleb was born on 29 June 2017 and weighed in at 9 pounds.

## The BreastRoom by Denise Ives



Wow! 6 years ago today (4 July) I met Christine at The Hub to ask her if I could set up a breastfeeding drop-in at their house in Wesley Street. In one of the conversations over the next day or two, I joked that our drop-in would be in "The Breast Room in the House". The name

stuck and The Breast Room was born. Since then we have moved to bigger premises in Oxford Street – just in time too as we suddenly got a bit busy! We went from one drop-in a week to two. We are now a registered charity. One of our first clients in Wesley Street is now one of our peer supporters. In fact, a few of our clients have trained as peer supporters and some of them now volunteer at The Breast Room too.

Since we opened, we have seen over 2,000 individual families, and carried out over double that number of consultations – some families come back to see us several times. We have loved it when families have come back to see us with subsequent babies too.

Most of the parents who come to see us find out about us from their midwife – in fact around half find out about us that way. Around a quarter are told about us by their friends and the rest from a mixture of well-child nurses, GPs, social media, etc. The great thing is that our latest satisfaction survey showed that everyone who came to see us said their visit to us proved to be useful – that makes us feel super proud and sets a high standard for us to maintain.

All our volunteers are trained breastfeeding peer supporters and are unpaid! They are amazing people. Not only do they support families at The Breast Room, they link up with parents attending our antenatal breastfeeding classes, stay in touch

with parents via email, text, social media and even do home visits from time to time – most of them have young families of their own too.

The Breast Room seriously could not exist without these super fab people! I would like to say a massive thank you to these wonderful people. The Breast Room was my dream, but without these people, the dream could not have come true!

## Mums 4 Mums Central Otago

This group which began in February is growing from strength to strength. People are finding out about the twice a month Tuesday meetings via Facebook and word of mouth. Even a chilly July morning didn't deter 10 mums from venturing out to the warm Youth Base in Alexandra.



It is a great opportunity for first-time and mums new to the area to connect. Breastfeeding support and resources are always available and the group encourages any parent to attend. While a small group of women are behind the establishment of the group it is Helen Ryan and Jennifer Mataitis who are key to the group's success. Between them they ensure everyone is welcomed on the first and third Tuesday each month. Jennifer's regular Facebook posts have increased the group's followers above 150.

## The Milk Room, Oamaru

Breastfeeding Support Otago and Southland (Breastfeeding SOS) has a brand new drop in centre in Oamaru called The Milk Room. The Milk room, located in the Plunket Rooms on Severn Street, is a free drop in centre which provides one-to-one breastfeeding support and information. No appointment necessary. Mums and their whānau can drop in every Tuesday from 9:30am-12pm (winter hours are 9:30am-11:30am).

Check out their Facebook page for more details: [www.facebook.com/themilkroomnorthotago/](http://www.facebook.com/themilkroomnorthotago/)

## Breastfeeding Support South Otago

The Clutha based Breastfeeding Peer Supporters have been a busy bunch since their training last year – at our July meeting we had five new babies in the group!

Peer supporters continue to do their invaluable voluntary work by supporting their friends, families and community – through their workplaces and communities group, facilitating milk sharing, hiring out the breast pump, promoting peer support at ante natal classes, organising the upcoming Big Latch On and of being awesome role models in our community!



# If breastfeeding is natural, why can't I do it?

by Denise Ives (read time 3-5 minutes)

Sadly, this is something that is often heard from mothers who want to breastfeed but are finding things difficult. There are many things that humans seem to do "naturally"—for example, sitting, walking and talking, but all of these things are only successful after lots of practice AND seeing other people do them too.

And that's the key—seeing people do something is part of the way we learn. I personally think it's a BIG part of how we learn and that's one of the reasons I believe some women feel nervous about breastfeeding and find it tricky to get breastfeeding off to a good start. Most of us aren't lucky enough to grow up seeing other women breastfeed. This is partly due to the way our family groups are widely dispersed—we don't tend to live in small communities where we see our aunts, cousins, family friends, etc. breastfeeding. Many families are smaller these days and therefore we don't have younger siblings that are still breastfeeding by the time we are old enough to really remember what's happening around us. Stories in the news and media about women being asked to stop breastfeeding also mean that many women who are out with their babies tend to hide away when it comes to time to feed their baby, so we don't always see mothers and babies feeding so much, or as openly, in public either.

Given that many women don't grow up seeing women breastfeed, it's no wonder it's difficult for some of us to work out how to do this "natural thing". Not all babies are born knowing what to do, and sometimes the process and medication of labour and birth can impact a baby's ability to successfully breastfeed in the first few days too. It's critical that women have the support and information they need, when they need it, in order to successfully breastfeed their baby—and by

successful, I mean a breastfeeding relationship that the mother is happy with.

If available, antenatal breastfeeding education can help new parents have a better idea of what to expect from breastfeeding, how to get off to the best possible start with breastfeeding, and how to cope with the most common "problems" new mothers experience with breastfeeding. These classes should also give the parents information about how and where to get further breastfeeding information and support once their baby is born. Support in the community from other mothers who have been, or are going through, similar situations with breastfeeding can be very reassuring. Going to classes antenatally gives parents the chance to meet other women having babies around the same time and it can be useful to keep in touch to help each other through the first few months.

There are many organisations and groups set up to help with breastfeeding, some more formal than others. Having a range of ideas and information to draw on can be empowering, and if a piece of information or suggestion doesn't "feel right" for you, there is usually an alternative to try. It's crucial to keep asking until you find the right person to help you, with the information that works for you—and sometimes it takes a few goes to get that right. So yes, breastfeeding might be "natural" in that human breastmilk is designed for human babies, but it's not necessarily a process that is "natural" for us to follow—we have to learn first.

Original Article: <https://medium.com/@TheBreastRoom/if-breastfeeding-is-natural-why-cant-i-do-it-d1a3d47dc569>

For more information on this topic: <http://kellymom.com/bf/normal/whenbreastfeedingishard/>

## Webinar Series: The International Code of Marketing of Breast Milk Substitutes

**In celebration of Breastfeeding awareness week (1-7 August) the United Nations System Standing Committee on Nutrition (UNSCN) are hosting three webinars to increase understanding, implementation and monitoring of the Breast-Milk Substitute Code across civil society.**

**Webinar 1:** Introduction to the Code - Tuesday 1 August 9am GMT/Thursday 3 August 3pm GMT

**Webinar 2:** WHA 69.9 and implications for the Code, follow-up formula and growing up milks  
- Tuesday 8 August 9am GMT/Thursday 10 August 3pm GMT

**Webinar 3:** WHA 69.9 and implications for complementary foods  
- Tuesday 15 August 9am GMT/Thursday 17 August 3pm GMT

To register for these events go to <https://www.unscn.org/en/news-events/recent-news?idnews=1719>  
Registration is required.



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# Breastfeeding Peer Supporter Profile

## Ally Dunning

I am a dual-qualified Registered Nurse and Dentist, graduating from the University of Otago with a Bachelor of Dental Surgery in 2010. Since graduating I have worked in both public and private practice, including 2 years at Dunedin Public Hospital as a Dental House Surgeon.

I am currently working in private dental practice in Dunedin and a particular area of interest for me is tethered oral tissues, or tongue and lip ties. My aim is to support and encourage the breastfeeding relationship through the understanding and treatment of these conditions. By completing the Breastfeeding Peer Support course I hope to be better able to understand the breastfeeding relationship and provide breastfeeding centered information.

In my spare time I enjoy being at home with my husband and two young daughters or travelling and exploring our beautiful country.

If you would like to feature in our newsletter, email [health.promotion@wellsouth.org.nz](mailto:health.promotion@wellsouth.org.nz)



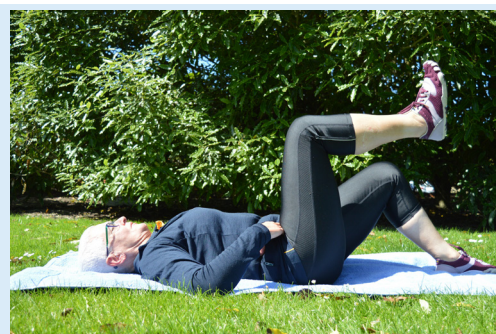
## Rongoā Kākāriki **GREEN** PRESCRIPTION



Are you pregnant and wanting a healthy pregnancy or have you just had a baby and want to get active? If so, Green Prescription can support you on your journey to health. For a free consultation, monthly support contacts and resources ask your doctor or nurse for a referral to the Green Prescription programme or you contact us directly on 03 474 6350 or visit our website <http://www.sportotago.co.nz/health-1/green-prescription> To get you started here are some easy exercises to strengthen your core and pelvic floor:

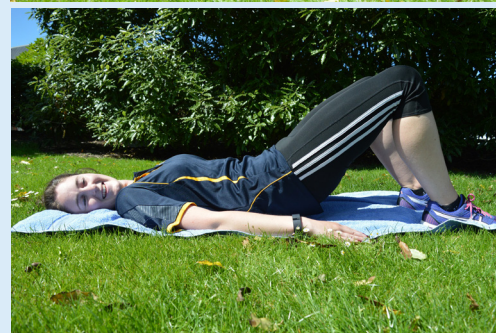
### Knee lifts

Start on your back with the soles of your feet on the ground. Maintain core activation and spinal position and lift one leg to 'table top' position (as seen in photo) and slowly lower. Alternate legs. Progression: Starting with both legs in the 'table-top' position, straighten one leg as close to the ground as possible and return. Repeat 1-3 sets x 5-8 repetitions each leg.



### Pelvic Tilt

Start on your back with the soles of your feet on the ground. With the core engaged, scoop pelvis under, bringing the tail bone off the ground. Return to starting position. Repeat 1-3 sets x 5-8 repetitions



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## The Big Latch On Events

**Balclutha:** The Big Latch On – Saturday 5 August at the Balclutha Parents Centre, 6 John Street Balclutha. Registration from 10am, official count at 10:30am

**Dunedin:** The Big Latch On – Friday 4 August at the Meridian Mall (ground floor). Registration from 10am, official count at 10:30am

**Invercargill:** The Big Latch On - Friday 4 August at the Cheeky Llama Café, Queens Park. Registration from 10am, Official Count at 10:30am

**Oamaru:** The Big Latch On – Friday 4 August at the Plunket Rooms, Severn St. Registration from 9:45am, official count at 10:30am

**Ranfurly:** Thursday 3 August: Celebrating parents and expectant parents from 10:30 at Maniototo café Ranfurly

**Cromwell:** Friday 4 August: Celebrating parents and expectant parents from 10:30 at Forage café Cromwell

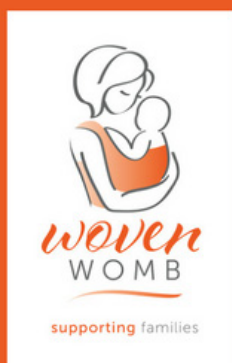
**Queenstown:** Friday 4 August: BLO Queenstown from 10am at Graze Lake Hayes Estate

# BREASTFEEDING IN YOUR CARRIER

Monday 7th August

10:30am-12:30pm

Blind Foundation Building, 172 Queens Drive, Invercargill



Group Workshop.

\$20/adult

Bookings essential

by Friday 4th

August

Contact: Terri Miller

Cellphone: 021 1324 188

facebook.com/WovenWomb



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