



Breastfeeding Support Otago and Southland

Edition 15

Tēnā koutou

Welcome to the 15th edition of the Breastfeeding Support Otago and Southland E-Newsletter

To sign up for these newsletters: health.promotion@wellsouth.org.nz



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Peer Supporter Training

Do you know someone who is eager to empower mums to have a positive breastfeeding experience? We are looking for people in the Southern District who are eager to become Breastfeeding Peer Supporters.

What is involved?

- Training courses are usually six weeks long and run once per week for a six hour session
- Resources for use after the training are provided
- Regular mentoring and further professional development opportunities are provided
- Transport and childcare costs can be contributed to
- Lunch is provided

If you have any comments or suggestions on how the breastfeeding peer supporter training could be improved, please email health.promotion@wellsouth.org.nz

For further information please contact your local Breastfeeding Peer Support Administrator.

Central: Catkin Bartlett	zulucatkin@hotmail.com
Clutha: Louise Thompson	louisejt001@gmail.com
Dunedin: Denise Ives	denise.ives@thebreastroom.org
Southland: Lisa Dewhurst	missdewhurst@hotmail.com
Waitaki: Bushie Calvert	bushiepcpa@gmail.com

Men and Breastfeeding

As this month is "Movember," we take a look at men and their role in the breastfeeding journey. Research has shown that when the mother has a significant other who supports and is educated on breastfeeding, she is more likely to be successful at it. A "significant other" does not necessarily have to be the father, in some cases, it may be the grandmother, sister, aunty, koro or friend.

Even when a father is supporting the mum, it is common for them to feel some or all of the following:

- Worry about having a harder time bonding with the baby
- A sense of inadequacy
- Resentment of the baby who has come between them and their partner
- Belief that because a woman breastfeeds, she will have knowledge and skills which makes her a better parent

How can fathers bond with baby?

- Having eye-to-eye contact and talking to baby (dad's voice and touch will often calm baby down)
- Wear baby in a sling and go for a walk
- Rocking, cuddling, playing and bathing baby
- Make change time a social time

- Take over child care between nursing so mum can get some rest and have some alone time

How can dads help support breastfeeding?

- Ideally, both mum and dad will attend pregnancy and parenting or antenatal breastfeeding classes, to ensure that there is a sharing of knowledge – especially as mums are often tired and overwhelmed late in pregnancy
- Dad feeds the baby by taking care of mum." Dads can take baby while mum prepares to nurse, getting mum something to drink and telling mum she is doing a good job!

It is important for dads to know that they are doing a good job, so do not forget to praise them too!

For more information:

<https://kellymom.com/pregnancy/bf-prep/bf-links-father/>

https://www.babycenter.com/0_dads-and-breastfeeding_8252.bc

<http://www.motherandchildhealth.com/breastfeeding/how-dads-can-help-with-breastfeeding/>



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Round the Regions

Southland – Lisa Dewhurst

The Southland peer supporters have been busy supporting mums in their own communities. We have been spreading the word at Space groups, childbirth education classes and Plunket courses. It was fantastic to see Angela sharing her passion for both breastfeeding and babywearing by helping host a 'Feeding while babywearing' course with fantastic information being shared with mums and mums-to-be. Our drop-in help room, which we run twice a month, is being nurtured by a dedicated group of supporters. We are ramping up our promotion of this and have decided on a more inviting name. The Mothers Interacting and Lactation Knowledge (MILK) room runs the 1st and 3rd Wednesday of the month at the Plunket Rooms in Invercargill. The peer supporters will also be hosting a changing and feeding area at the Christmas Fete in November, which is a lovely day out for everyone involved. The Te Anau peer supporters also have some plans for being involved in community activities over summer. The year is speeding along and it is motivating to see how much has been achieved so far.

Dunedin – Denise Ives

Dunedin peer support is going well! We have had some busy days at The Breast Room and peer supporters are linking up with parents who attend the antenatal breastfeeding class at The Breast Room on Saturday mornings. Every mum who attends the class is automatically connected with a peer supporter who usually makes initial contact via text or email. Sometimes this leads to the peer supporter and parents meeting for a chat and a coffee; other times they just stay in contact via text/email until the baby is born and the parents indicate they need some help or they are all good.

We are working with Queen Mary Maternity Hospital to initiate a weekly peer support service in the maternity unit. This looks like it is finally going to happen – we have been working on this since 2013! We have lots of support from the Maternity Quality and Safety Programme to get this off the ground. This is definitely going to stretch our volunteer resources though, so it will be interesting to see what happens.

We are noticing that some of our most active peer supporters are those returning to work or study and this is really impacting our ability to provide a consistent and regular service in the community. We are hoping to train some additional volunteers.

Dunedin's Antenatal Breastfeeding Class – Rachel Fahey

If you are having a baby in Dunedin, you are welcome to come along to one of the free breastfeeding classes held once a month at The Breast Room in the Early Years Hub. The classes

are a good introduction to breastfeeding basics, covering topics such as how to ensure your baby is getting enough milk, ways to achieve a comfortable latch and overcoming some common breastfeeding challenges. There is plenty of discussion, as well as practical exercises and group work. You will have a chance to meet other expectant mums and their partners, and express any concerns you may have about breastfeeding. Partners are encouraged to come along (or a close relative or friend) as studies have shown how important it is to have their support when breastfeeding, especially in the early weeks.

Funded by WellSouth, the classes usually take place on the last Saturday of the month and run from 9am-approximately 12.30pm. To book a place, contact Rachel Fahey on 0220827710 or email breastfeedingclass@thebreastroom.org

Balclutha – Louise Thompson

BFSOS in the Clutha District has been going well over winter. We have been attending Plunket's Pregnancy and Parenting classes, resulting in contact from mothers who have attended.

The Big Latch had seven latches which was a great turn out considering it is held at such a cold time of the year for mums in the Deep South to get out and about with their babies!

The breast pump is proving popular and being hired out a lot.

Our last three Peer Support meetings have covered:

1. "Paced bottle feeding - what is it, when and why is it recommended and how do you do it?"
2. "Breastmilk: What is in it and what can this tell us about the behaviour of babies?"
3. "Baby weight gain and loss"

Oamaru – Lydia Quested

Things are going great here at The Milk Room. We have been working hard designing our posters and business cards which were finalised this week, and they look fantastic! A few mums have come to The Milk Room and more are reaching out through our Facebook page. We rented out our breast pump for the first time recently, showing our name is getting out in the community as a place to come for support. Our Big Latch On was a successful morning, teaching local mums what we are about and hopefully they spread the word!

Central – Jo O'Connor

Catkin may be off enjoying family time in the UK but in her absence we are doing our very best to expand the Peer Supporter network. Congratulations and welcome to Eloise, daughter of Gen, Kris and sister of Harry in Cromwell. New to the Wanaka crew is Mikah. Congratulations to Fi, Blair and Ahri.

We eagerly await a new Chatto Creek resident before the end of the year. It has been business as usual across the district with Peer Supporters hosting a range of support groups and Facebook pages, hiring breast pumps etc. In Cromwell and Arrowtown there is always peer support available at the regular Remarkable Mums groups hosted by Plunket. The groups aim to provide mother-to-mother support for mums and mums-to-be. Krista hosts in Arrowtown and Kim in Cromwell. They offer some time out to relax, practical information in a supportive environment, along with morning tea and an opportunity to get to know other mums.

We look forward to another peer supporter training in early 2018 and ask that everyone helps us recruit far and wide.

Breastfeeding Peer Supporter Profile Anna Thompson (Southland)

It has nearly been a year since I completed my breastfeeding peer support training in Invercargill. I was weirdly excited about doing my training when I saw it advertised on Facebook. I have grown up with breastfeeding. Being the second eldest of six, with my mother breastfeeding all of us. I can probably credit my own successful breastfeeding journey to her, as she was my constant reassurance that everything I was experiencing was normal and my support to keep going. I am a mother of two 21 month old energetic toddlers. Our biological daughter, Katie, who is still breastfed and our home for life foster son, Tyler. I completed my training as I have, and still do, thoroughly enjoy breastfeeding Katie. A lot of my friends and family, however, were reporting such struggles and I wanted to be able to support and encourage them in their own breastfeeding journeys. I have been able to do this and so much more, which has been fantastic. I am also a pelvic health physiotherapist so I have a lot of contact with expectant and new mothers. I have been monopolising my time while speaking to SPACE and antenatal classes to also talk to them about the peer supporters' network and services. I have personally helped mums ranging from a pregnant second time mother wanting to breastfeed when the first was unsuccessful, to supporting a mum who was exclusively pumping and feeding. A highlight was helping a new mum donate her excess milk to a mum of new-born twins who was unable to breastfeed due to a previous double mastectomy. It was incredibly stressful sending the first batch off with the courier but so rewarding as further deliveries were made and the two mums became friends. Sharing in their experiences, with the immense gratitude the recipient mum expressed, and the sense of pride that the donor mother felt, was so rewarding. While our drop-in clinic is still finding its feet, I have been fortunate enough to have mums attend and been able to support and follow them up, and again hear their



success stories and gratitude for the support on offer, which makes it all worthwhile. I feel this is just the beginning of the peer supporters in Invercargill; we have such an enthusiastic group of volunteers and a super dedicated leader in Lisa - onwards and upwards one mumma at a time. Travelling this summer?

If you're out and about over the Christmas holidays, don't forget to download the BURP app! BURP stands for Breastfeeding's Ultimate Refuel Place, app directs mothers to the nearest breastfeeding friendly public place whether it be a cafe, restaurant, library, museum to name a few. It also lists additional facilities available at the venues, such as a change table, playground, and a healthy kids menu. These venues are displayed via an icon on a map. Photos of the venue also feature in addition to an opportunity for mums to feedback on their breastfeeding experience.

Support Available

Support groups around Otago and Southland include:

Mums4Mums Central Otago

Every 1st and 3rd Tuesday 10am-12pm
Youthbase, 6 Gregg Street, Alexandra
Facebook: Mums4Mums Central Otago

Queenstown

1st Thursday of the month 11am-1pm
Plunket, 8 Henry Street
Facebook: Queenstown Breastfeeding Cafe

Arrowtown

3rd Thursday of the month 11am-1pm
Plunket, Cardigan Street

Wanaka Breastfeeding Café

1st Monday of the month 1.30-2.30pm
Plunket Room, 51 Ardmore Street
Facebook: Wanaka Breastfeeding Café@breastfeedingwanaka

Invercargill

Every 1st and 3rd Wednesday 10am-12pm
Plunket Rooms, 132 Kelvin Street

The Milk Room Oamaru

Every Tuesday 9:30am-12pm
Plunket Rooms, Severn Street, Oamaru

The Breast Room Dunedin

Every Tuesday and Thursday 10am-12pm
158 Oxford Street, South Dunedin

There is also specialist lactation consultant support and assistance to mums and babies who need extra help with breastfeeding, see www.southernhb.govt.nz for a list of lactation consultants.

Accredited La Leche League leaders provide mum-to-mum information and support for breastfeeding, running regular meetings on breastfeeding and parenting topics. Services are free. Further information is available [online](#).

There is also Antenatal Breastfeeding Support classes in Dunedin, which help parents gain confidence with breastfeeding. Designed to complement and extend the information provided by antenatal education classes, available to all prospective parents, not only first-time parents, their whānau and supporters. Details at breastfeedingclass@thebreastroom.org

Travelling this Summer?

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Southern Breastfeeding Mums do we have something for you!



Life doesn't stop when you have a baby, jobs still need to be done and your child still needs to be fed!

Here is your perfect breastfeeding buddy - the BURP smartphone app/website

- An app to direct you to breastfeeding friendly venues via a map
- Feedback opportunity
- Lists additional facilities available e.g. toilet, change table
- Useful tool for all families with young children!



FREE DOWNLOAD
for iPhone and Android!



EASY TO USE (even with one hand while juggling baby and bags!)

www.burpapp.co.nz



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