



Breastfeeding Support Otago and Southland

Edition 17

Tēnā koutou

Welcome to the 17th 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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Celebrating Graduations!

2018 has been an exciting time so far filled with many Peer Supporter trainings and well-earned graduations! In total we have 26 new Peer Supporters available to help in Oamaru, Invercargill, Central Otago and Gore!

Oamaru



L-R: Hannah Wood, Elle Taylor, Amy McCauley, Steph Patton

Gore



L-R: Vicki Ramsay, Jana Cornes, Hilary Vallely, Samantha Richardson, Hayley Orr, Erin Gray

Invercargill



Back L-R: Lucy Parkhill, Terri Miller, Amanda Chalmers
Front: Kristel Yee
Absent: Shauna Harvey, Erin Gray, Kristy-Leigh Duncan

Cromwell



Back L-R: Alice Van Zijl and Penelope, Clara Barrientos, Libby Strang and Ayla, Rachel Hamilton, Carole Laidlaw-van Dyk
Middle: Catkin Bartlett, Kylie Murdoch
Front: Connie Davidson and Ollie, Emma Moodie and Isla, Leesa Parker and Arlo
Absent: Krista Baker

World Breastfeeding Awareness Week Events

The theme for World Breastfeeding Awareness Week is "Breastfeeding: Foundation of Life," and there are many exciting activities happening throughout Otago and Southland.

Oamaru: The Big Latch On! Friday 3rd August at the Milk Room, in the Plunket Rooms on Severn St. Registrations from 10am, official count at 10:30am.

Dunedin: Breastfeeding Morning Tea. Thursday 2nd August at the Plaza Café, 130 Anzac Ave, 10am – 12pm. Plaza Café are kindly offering a free muffin or scone with every hot drink purchased.

Dunedin: The Breast Room Morning Tea. Wednesday 1st August at the Breast Room in the Valley Project, 262 North Road 10:30am-12:30pm

Mosgiel: Bumps and Bubs Afternoon Tea. Wednesday 1st August at the Taieri Parents Centre, 17 Green St 1:30pm-3pm.

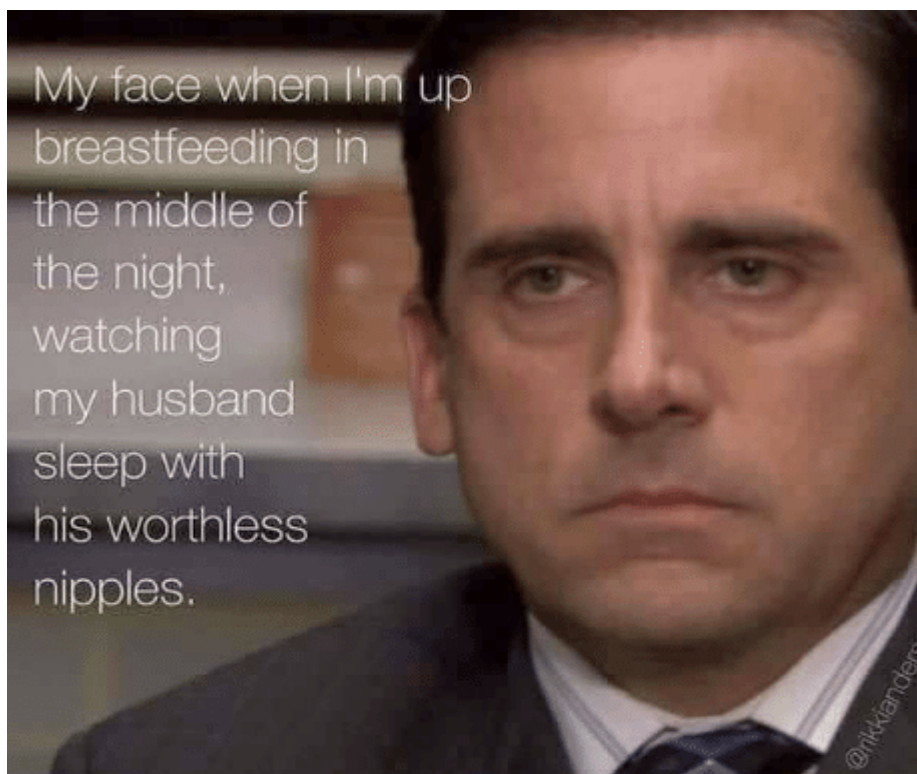
Balclutha: The Big Latch On! Friday 3rd August at the Balclutha Parents Centre, 6 John Street, Balclutha. Registrations from 10am, official count at 10:30am.

Gore: The Big Latch On! Friday 3rd August at the Gore Kids Hub, Wayland St, Gore.

Invercargill: The Big Latch On! Friday 3rd August at the Invercargill Library, 50 Dee St, Invercargill. Registrations from 10am, official count at 10:30am

Central Otago: Plans are underway for a wide range of activities across the region. From gatherings in Queenstown and Wanaka to a playgroup morning tea in Ranfurly. Mums4Mums in Alexandra and Let's Talk Cromwell are also hosting events to celebrate parents.

A Breastfeeding Meme



Round the Regions

Clutha – Louise Thompson

It has been a relatively busy few months in the Clutha District. It seems there are lots of babies being born and more and more people attending the Pregnancy and Parenting classes. Steady contact is being received from mothers who have been introduced to Peer Support through the Pregnancy and Parenting classes, making it well worth attending. Playgroups in the community are well attended, especially the new Parents Centre 'Under 1s' group. It's good to see parents connecting with one another.

Peer Support training didn't go ahead last month due to low registrations – lots of people are interested but many find it a difficult juggle with child care or work. However, while trying to round up interest in the training, it was good to reconnect with many health and social services in the area, midwives, Plunket and General Practices.

Central Otago – Catkin Bartlett

We are excited to have a new group of Peer Supporters following our latest Central Lakes training. Eleven women from Arrowtown, Queenstown, Lake Hawea, Cromwell, Clyde and Fruitlands gathered in Cromwell. Nine women were new to the programme. What an impressive range of skills and knowledge they have – besides being parents these women also include, early childhood teaching, human resources, vet nursing, dance teaching, midwifery, nursing, Plunket parenting educator and more on their CVs.

Peer Supporter hui are held all over Central – Queenstown, Cromwell, Alexandra, and Wanaka.

In June we brought together wonderful women in Queenstown. Alexandra Youthbase (Mums4Mums venue) was where the Cromwell and Alexandra women gathered.

Let's Talk, a new peer supporter led group begins 19 July to support families in Cromwell. The group will meet fortnightly from 10:30am-12pm at Cromwell Plunket, 5 Murray Terrace.

That brings our total number of groups in Central Lakes to five. Exciting times. Please pass on to friends and family living in Central Otago that coming up in October we are planning training in Wanaka. We want to grow our peer supporter village!

Southland – Lisa Dewhurst

Southland peer supporters had five new graduates join them in June. Their course was successfully held in Gore with mums attending from the surrounding communities.

We are all looking forward to being a part of local Big Latch On events with venues confirmed in Te Anau, Invercargill and Gore.

The professional development day with presenters Amy Wray and Anna Jackson was so valuable. We all took away from the day how important is it for organisations to work together for the greater good of mums and whānau. We look forward to seeing what can grow from this in our region.

Dunedin and Waitaki – Bushie Calvert

It has been a busy few months within the Dunedin and Waitaki Breastfeeding SOS branches. Another training course was completed by four participants in Waitaki, three of whom are already linking in with The Milk Room and putting their new knowledge and training to great use. One of the participants runs the Plunket Pregnancy and Parenting courses in Oamaru and Timaru, which will give her great access to pregnant mums. It is hoped that we can create strong links between individual peer supporters and the mums attending the Pregnancy and Parenting classes, as already happens in Dunedin Antenatal Breastfeeding classes.

The Queen Mary peer support service has finally begun after months (or years!) of planning. It is great to make contact with new mums so soon after their precious newborn has arrived. This will hopefully remind them that The Breast Room is there to offer help, or that they can be put in touch with a peer supporter once they are back at home. At this stage we are visiting rooms on the postnatal and antenatal wards and giving out The Breast Room information fliers, but our level of support may increase as our presence and confidence increases within the hospital environment.

Due to The Hub closure, The Breast Room is moving to new premises - The Valley Project rooms at 262 North Road in North East Valley. There are also changes to our session times with The Breast Room opening on Wednesdays from 10:30am to 12:30pm. The Hub has been a wonderful home for The Breast Room since it began in 2011 and while we are sad to be leaving and will greatly miss the staff who we have come to know well, we are excited about the next chapter this move presents for The Breast Room. We are especially grateful for how welcoming those involved in The Valley Project have been in assisting us with this move and are looking forward to settling into our new home. We certainly wish The Methodist Mission all the very best in continuing to source long-term funding to continue running the wonderful services that The Hub provides space for.

A new round of peer support training in Dunedin is being planned for late July/early August. An advertising flier will be circulated as soon as dates and a venue have been confirmed.

Breastfeeding Peer Supporter Profile



Lydia Quested

Hi everyone! I am excited to be joining the Breastfeeding Peer Supporter's community. Breastfeeding has always been a passion of mine since spending time with Mums as a nanny, helping friends with their babies and then becoming a parent myself. I have Stella (4) and Violet (1), and I had very different breastfeeding journeys with each of my daughters.

Since having Violet the opportunity arose to do the peer supporter training, which I found was so informative and in a fun environment. It was nice to spend time with like-minded mums as well.

After the course finished five of us formed The Milk Room North Otago. We all saw a need in our community for a local support group and we now run a weekly drop in service. The Milk Room is open from 9:30am to 11:30am every Tuesday in the Plunket Rooms.

Breastfeeding Research

Health check: what should breastfeeding women eat? (read time 5-7 mins)

Evelyn Volders, a Senior Lecturer in Nutrition and Dietetics at Monash University discusses the energy requirements, nutrition needs and foods to avoid when breastfeeding. The main findings are:

- Breastfeeding women need to eat approximately 525 calories more each day than non-breastfeeding women;
- In **healthy** mothers, increased nutrient intake does not increase the nutrients in the milk, therefore supplements are not required in **healthy** mothers;
- Vegan mothers may need B12 supplementation to ensure their breastmilk is not deficient;
- Alcohol should be avoided for the first month post-partum, and after this small, infrequent amounts of alcohol can be consumed;
- Caffeine can enter the breastmilk and new born babies take a long time to metabolise it, so it is best to limit caffeinated beverages.

<https://www.monash.edu/news/articles/health-check-what-should-breastfeeding-women-eat>

NEW DAY AND
TIME!!
WEDNESDAYS
10:30-12:30

WE'RE MOVING HOUSE

**Our new home is...The Valley
Project - 262 North Rd. NEV
From Wednesday 4 July**

EMAIL

getsupport@thebreastroom.org

PHONE

021 260 4678 / 027 476 1339

The Breast Room[®]

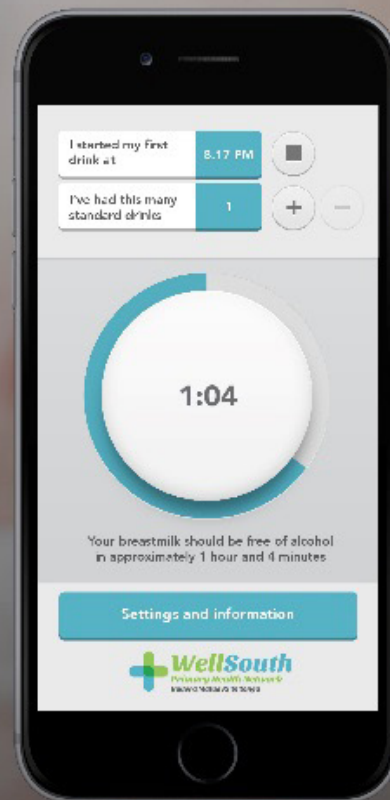


Can I have an occasional drink while I'm breastfeeding?

Should I pump and dump?

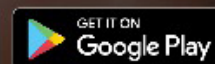
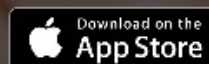
How does alcohol affect breastmilk?

How long should I wait after a drink, before feeding?



Handy information on breastfeeding and alcohol, right in your pocket.

Search for 'Feed safe' on the App Store.



wellsouth.org.nz/feedSAFE



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