

# Breastfeeding Peer Support

## Fiordland

For a learned skill, many parents in our culture don't have a lot of opportunity to observe breastfeeding and learn tips and tricks before we give it a go ourselves. Many of us also don't have much of a village around us in the early days.



Fiordland has a breastfeeding peer support programme to help address this. Research shows mothers have a better breastfeeding experience when given good support from friends.

Peer supporters are volunteers who are passionate and committed to working alongside mums, babies and whānau in a non-judgmental and supportive way. They are trained by WellSouth to provide information on common challenges to the normal course of breastfeeding. They offer information, not advice, and are not medical professionals - if your breastfeeding takes you beyond usual challenges they can help connect you with a lactation consultant for specialist care if you are no longer under the medical care of your Midwife or Lead Maternity Carer (LMC).

Pregnant and keen to breastfeed? Now is the time to get started! Talk to friends and relatives who've enjoyed breastfeeding, or if you know of anyone who's currently breastfeeding, hang out with them. Even watching casually, you'll pick up lots of little tips which will help a lot. Do lots of reading - Peer Supporters can loan you recommended books.

A peer supporter can help with information on the principles of how breastfeeding works, supply and demand, common latching positions to consider trying, and finding information from trusted sources to answer specific questions you may have. They can share examples of what has worked for other families to increase your own pool of ideas to draw from. They can help at any stage and age, from pregnancy, establishing feeding, problem solving along the way, and weaning.

Name aside, breastfeeding peer supporters are here to help everyone with their feeding journey. We are fully supportive of your choices and goals. We know that breastfeeding can look very different for each family, and it doesn't have to be all or nothing - if you'd like someone to walk alongside you, or if you have any questions, or would like a bit of support, reach out!

- You can find local peer supporters on the breastfeeding support website: [www.breastfeedingsos.co.nz](http://www.breastfeedingsos.co.nz)
- You can get a list of local peer supporters from your GP, by emailing [Fiordland Families Network \(fiordlandfamilies@gmail.com\)](mailto:FiordlandFamiliesNetwork@gmail.com), or sending a message to Anna S: 021 055 3535.
- You can connect with a peer supporter at the parents' coffee group, every Wednesday morning at the Te Anau Plunket rooms (a peer supporter is usually present there, or Danielle can call one for you if not).

### WellSouth Health Promotion notes on common breastfeeding questions and expectations:

- **Why Breastfeed?** Breastfeeding isn't just about nutrition, it is also a parenting tool. It has benefits including brain development, jaw & facial development, healthy gut microbiome, bonding and many more. And, for many families, it is cheaper than alternatives.
- **Breastfeeding isn't always easy.** Some babies and their mothers find breastfeeding goes smoothly from the start, but for others it may take more time. There are always options - every mother and baby are different. One size doesn't fit all - help is available.
- **Is my baby latched properly?** Many women feel tenderness or sensitivity during the first few days of breastfeeding. If breastfeeding continues to hurt during feeds, you may need help to improve your baby's latch. An effective latch enhances both your comfort and milk transfer to your baby. If you are comfortable, your baby is comfortable and getting the milk they need, the latch is effective.
- **How often do babies need to breastfeed?** Offering the breast whenever your baby shows cues helps establish your milk supply and your baby gets the milk they need. Some babies have a more predictable feeding pattern than others. Feeding may last for over an hour. It is quite normal for your baby to feed 8-12 times or more in a 24 hour period in the early weeks.
- **How do I know my baby is getting enough milk?**
  - Your baby is satisfied (after most feeds), lets the breast go and is settled.
  - Your baby is putting on weight and growing in length
  - Your baby is alert and starting to interact with you when awake.
  - Lots of wet nappies each day
  - Urine should be pale and not strong smelling. Baby's poos will be soft and yellow/mustard coloured.

## HOW TO CONTACT > Peer Support & other breastfeeding information

- Check out trusted resources online such as [www.lalecheleague.org.nz](http://www.lalecheleague.org.nz) (and they have great international pages too).
- Our nearest lactation consultants are in Invercargill (027 214 7471) or Queenstown (027 272 5835), or you can access [Plunket Lactation Consultants online](#) (call PlunketLine free and 24/7 on 0800 933 922).
- Remember that your GP can be another great local professional to check in with (03 249 7007).



## Fiordland Breastfeeding Peer Support Group

### Contact List

Anna Star	021 055 3535
Anna Thomas	021 160 5850 03 249 8399
Ashleigh Still	027 917 8044
Brooke Burgess	027 309 1004
Brooke Wilson	027 979 2363
Carla Wood	021 0838 3949
Dee Thomson	027 9688 134
Gemma Heaney	027 546 0777
Hannah Erskine	027 301 2039
Harriette Hamilton	027 487 3148
Helen Prendergast	027 314 6191
Karen Broughton	021 157 8411
Marian Alvarino	021 439 877
Sandra Harry	021 0221 7266

### **Breastfeeding Peer Supporters are available for:**

- One-to-one support
- Phone, text or email
- Informal drop in sessions at the Te Anau Plunket Rooms
- Home visits
- Breast pump hire
- Access to print resources

### **Antenatal Support**

Peer supporters run a monthly antenatal group, alongside Nicky Peeling & the Fiordland Families Network. For the next catch up contact Anna S: 021 055 3535.

Free online course:

**FREE ONLINE BREASTFEEDING CLASS**

Are you expecting a baby and want to know how to get breastfeeding off to the best start?

All māmā, whānau and support people are welcome to join no matter what number baby this is

Register by clicking the link below or scanning the QR code

Need more info?  
Contact us at [health.promotion@wellsouth.org.nz](mailto:health.promotion@wellsouth.org.nz)

*\*Not all our peer supporters have their contacts publicly listed, so please ask if there was someone you had in mind who you'd like to be connected with.*

[www.breastfeedingsos.co.nz](http://www.breastfeedingsos.co.nz)