

Hawke's Bay Breastfeeding Support Services

Napier and Hastings

La Leche League breastfeeding support group

022 081 162

hawkesbay@lalecheleague.org.nz

[facebook.com/lllhb](https://www.facebook.com/lllhb) (see facebook for monthly meetings times and days)

Free Hawke's Bay breastfeeding service

(In home visits & eligibility criteria applies)

Vicky: 027 249 0647

Jo: 027 292 4949

Miraka māmā breastfeeding support group

(during school term only)

Wednesdays 10am - 12pm at Flaxmere Plunket Hub

Mondays 10am - 12pm at Napier Plunket Hub

Vicky: 027 249 0647

Jo: 027 292 4949

Chivon: 027 271 9689 (Napier kaiawhina)

Kayla: 027 203 0764 (Hastings kaiawhina)

Te Mana Waiū breastfeeding peer support group

Te Taiwhenua ō Heretaunga (home visits available)

Drop in breastfeeding cafe Monday – Friday 10am – 12pm

Jess & Lena: 021 225 2350 or 0800 824 943

WhanakeTeKura@ttoh.iwi.nz

Mamia breastfeeding support service

(for new māmā and ngā wāhine hapū)

Mon to Thurs 9.30am - 3.30pm at Waipatu marae

Moana: 027 356 9033

Aria: 027 424 2246

[facebook.com/temaiohaomamia](https://www.facebook.com/temaiohaomamia)

Wai ū Wenerei breastfeeding support

Wednesdays 10am-1pm at Waioha birthing unit

Drop in, or text Kiriana: 027 407 9931

[Facebook.com/tuaikopu](https://www.facebook.com/tuaikopu)

Central Hawke's Bay

CHB Parents Centre

Free lactation consultant service

8am - 6pm daily

Ann Johnson 027 279 6204

terawhiti1875@hotmail.com

Sue Davey 021 046 4737

Free Hawke's Bay breastfeeding service

(In home visits & eligibility criteria applies)

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Parents Centre

chb@parentscentre.org.nz

Wairoa

Kahungunu Executive Ki te Wairoa Charitable Trust

06 838 6835

Plunket Wairoa

0800 762435

Wairoa Maternity

wmaty@hawkesbaydhb.govt.nz

[facebook.com/wairoamaternityhbdhb/about](https://www.facebook.com/wairoamaternityhbdhb/about)



Nationwide

Private lactation consultancy services

Discuss options with your midwife, well child provider and/or visit the nzcla website [nzcla.org.nz/find-a-lactation-consultant](https://www.nzcla.org.nz/find-a-lactation-consultant)

PlunketLine video conferencing

Book a video conference with a lactation consultant
0800 933 922

www.plunket.org.nz/caring-for-your-child/feeding/breastfeeding/vcbreastfeeding

Online and apps

breastfednz.co.nz

mamaaroha.co.nz

lalecheleague.org.nz

naturalbreastfeeding.com

Freephone

PlunketLine 0800 933 922

Healthline 0800 611 116