



Wendy Byrne – Lactation Consultant

My role as a community Lactation Consultant covers all breastfeeding issues from newborn stage to weaning. It is a free service that stretches Southland wide. Referrals come from Plunket nurses and midwives but mostly mothers just call me and self-refer.

My work is reactive. I try and see the mum the day they call. *I visit them at home, staying as long as needed and visiting as often as required.* I follow up with phonecalls – mums really appreciate this. We discuss the pregnancy and birth (as events can affect breastfeeding) before I watch a breastfeed. Often it is a latch problem and a position adjustment is sometimes all it takes.

Giving mums confidence they are ‘on track’, particularly in the first few months when they can feel vulnerable is important. The highlight is seeing when it all ‘clicks’. I just want mums to enjoy breastfeeding while at the same time giving their baby the best start to life.

Breastfeeding
for *GOODNESS* sake



Southern District
Health Board