



Tēnā koutou.

Welcome to the 12th edition of the Breastfeeding Support Otago & Southland E-Newsletter.

To sign up for these newsletters please email:

health.promotion@wellsouth.org.nz



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Upcoming Training



There are some more Breastfeeding Peer Support training courses happening around the region soon. It would be great if you could promote the courses among your friends, colleagues and whānau.

Oamaru:

Dates: 21, 28 February, 1, 14, 21, 28 March 2017 (6 Sessions)

Time: 9.30am - 2.30pm

Location: Oamaru Plunket Rooms, Severn Street

Contact Bushie Calvert on 021 260 4678 or bushiepcpa@gmail.com

Dunedin: TBC

Contact Bushie Calvert on 021 260 4678 or bushiepcpa@gmail.com

Gore:

Dates: 6 Thursdays from the 23rd Feb.

Time: 10am-2.30pm.

Location: Gore Parents Centre

Contact Lisa Dewhurst on 027 322 0869 or missdewhurst@hotmail.com

Te Anau: TBC

Contact Lisa Dewhurst on 027 322 0869 or missdewhurst@hotmail.com

Newly Graduated Peer Supporters

Late last year our Breastfeeding Peer Support Administrators were busy training some new Peer Supporters. A big congratulations to those who completed the course and welcome to Breastfeeding Peer Support Otago and Southland!

Also, a big thanks to all the existing Peer Supporters for the wonderful work you do to support, protect, and promote breastfeeding in our region.

Invercargill:



Twelve new Peer Supporters were trained in Invercargill including, Charnae Perkins, Kayla Holland, Fiona Walker, Susannah Greer, Tuleshni Murti, Toni Auld, Kaylin Hepburn, Meegan Todd, Katie Herman, Anna Thompson, and Shayna McArley.



A new group of Central peer supporters have completed their training. Though small the group was diverse in age range and backgrounds, with women hailing originally from USA, Canada, Germany and New Zealand. Coming together in Alexandra during October and November everyone felt the passion that Catkin's shares when she facilitates. Now the group look forward to supporting people across the district.

Photo –

Back row: Sarah Dickie and Georgia (Cromwell) Kristen Turner, Hazel and Isla (Arrowtown) Jennifer Mataitis and Ava (Chatto Creek) Alex Bowles and Arlo (Queenstown)

Front row: Jo O'Connor (Alexandra), Catkin Bartlett (Peer Support Administrator, Queenstown Lakes & Central Otago), Marcene Weir (Alexandra) Jordan Carr and Max (Cromwell)

Website Update

Find a Breastfeeding Peer Supporter



www.breastfeedingsos.co.nz

The Breastfeeding Support Otago and Southland website has had some improvements made to make it more user friendly. We hope this will make it easier for you to advertise breastfeeding support in your neighbourhoods.

You can now:

- Search for Peer Supporters according to Territorial Local Authority (Invercargill, Southland, Gore, Clutha, Dunedin, Waitaki, Queenstown, Central Otago)
- Print out the list of Peer Supporters available in each area (easy to hand out to GPs, nurses, local daycares etc.).

If you are not on the website and would like to be please call Sophie on 03 477 1163 or email: healthpromotion@wellsouth.org.nz.

Mums 4 Mums Central Otago – a new support group in 2017



Mums 4 Mums Central Otago - A collaboration of woman, Peer Supporters and La Leche League, this informal, community minded group first came together in December.

Mums 4 Mums aims to provide a safe supportive environment for other mums, mums to be and their families to get together, chat and support each other. It takes a village to raise a child.

In 2017 the group will host drop in meetings from 10-12 on the first and third Tuesday of the month at YouthBase, Gregg St Alexandra.

Breastfeeding support and parenting resources will be available at every meeting. Topics and speakers will be a regular feature.

Contacts are Helen 0273289277 Jennifer 0272299213

Or follow them on [Facebook](#).

BURP App



Over the holiday period you may have noticed that in conjunction with the Southern District Health Board we did a large promotion for BURP. We ran a Facebook competition to encourage whānau to leave reviews of their favourite breastfeeding friendly venues.

For those of you who don't know BURP (Breastfeeding's Ultimate Refuel Place) is a smartphone app which helps whānau find breastfeeding friendly locations in Otago and Southland. It is also useful for other family members as it lets you know what facilities are available, such as change tables, and toilets.

We have over 300 breastfeeding friendly facilities around Otago & Southland loaded. The website and app were launched in February 2015 and we have had over 10,000 users, and the app has been used over 20,000 times.

The goal of the app is to help normalise breastfeeding in the Southern Region, and make it an appealing and comfortable place to live and holiday in. Great for new mothers and young families, especially during the holidays!

It would be great if you could encourage your peers and whānau to download BURP for free from the App Store or Google Play, or visit www.burpapp.co.nz.

Influences that affect Māori women breastfeeding



This research proposes a new model for understanding how Maori women are diverted from breastfeeding. Five influences were identified: interruption to a breastfeeding culture; difficulty establishing breastfeeding within the first six weeks; poor or insufficient professional support; perception of inadequate milk supply; and returning to work. These influences occur in a temporal sequence and highlight opportunities for intervention. Factors that encourage breastfeeding are also discussed.

Maori women share many of the challenges to breastfeeding experienced by other women. What is unique to Maori is that....

Read more [here](#).

Tips and tricks for mums



How much milk should you expect to pump?

Do you ever second-guess your milk production after pumping? Do you compare it with the volume of milk your friend or neighbor pumps? Do you compare it with the milk you pumped for a previous baby?

Read more [here](#).



Coping with fast milk flow

Newborn struggling with fast milk flow?

During the early weeks, while your milk supply is adjusting to your baby's needs, your feeding position can make all the difference. If you sit straight up during feedings, your milk flows downhill into your baby's mouth, which makes coping with milk flow more difficult for her....

Read more [here](#).



WellSouth
Level 1, 333 Princes Street
Dunedin, Otago 9054

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