

# Help with breastfeeding is just a video call away



## FREE specialist support for you and pēpi

Breastfeeding isn't always easy – and if you're finding it tough, you're not alone. We're here to walk alongside you in your breastfeeding journey, with free virtual video chats to help you whenever you need.



## How PlunketLine can help

Your Plunket nurse, kaiāwhina or lead maternity carer (LMC) can help you book an appointment with a Plunket lactation consultant (IBCLC®) or breastfeeding specialist. You can also book online, or call **PlunketLine** on **0800 933 922** (free and available 24/7).

These consultations are **free of charge** and available for all breastfeeding wahine – even if Plunket isn't your Well Child provider.

## Need more information?

You can find out more and book online at [plunket.org.nz/vcbreastfeeding](https://plunket.org.nz/vcbreastfeeding)



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# Mā te wāea ataata noa iho te āwhina whāngai ū



## He tautoko kore utu mōu me tō pēpe

Ehara i te mea māmā ki te whāngai ū, kaua e māharahara. Mā mātou koe e āwhina, me te kōrero ki ngā mātanga mā te wāea atata. He ratonga kore utu ka whakaritea i te wā e tika ana ki a koe.

## Ngā āwhina ka taea e PlunketLine



Ka taea e tō nēhi o Whānau Āwhina Plunket, tō kaiāwhina, tō kaiwhakawhānau matua (LMC) rānei te āwhina i a koe ki te whakatakoto i tētahi wāhi ki tētahi kaitohutohu waiū o Whānau Āwhina Plunket (IBCLC®) me tētahi tohunga whāngai ū rānei. Ka taea hoki e koe te tono ipurangi, te waea atu rānei ki a **PlunketLine** i **0800 933 922** (utu kore, e wātea ana i ngā wā katoa, e 24/7).

He **kore utu ēnei** hui, ā, e wātea ana mō ngā wahine e whāngai ū ana – ahakoa kāore a Whānau Āwhina Plunket tō kaiwhakarato Hauora Tamariki.

## Kei te hia whakamārama atu anō?

Kei te paetukutuku o **[plunket.org.nz/vcbreastfeeding](https://plunket.org.nz/vcbreastfeeding)** ētahi atu kōrero.



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