

## West Coast Mum4Mums- Breastfeeding Peer Supporters

Mum4Mums are volunteers with breastfeeding experience who have completed training to learn more about how to support other mums in their breastfeeding journey. You can look for a familiar face or read through bios to find mums with similar experiences. Any questions, contact the Breastfeeding Advocate (027 288 0392)

<b>SOUTH WESTLAND</b>		
 <p><b>Danielle</b></p>	<p>I'm a young solo mum from Ross, I had my daughter at 19 and have breastfed her ever since, going on 14 months now. I gained a lot of confidence in breastfeeding from support from other breastfeeding mums and doing the Mum4Mum course has given me so much more knowledge that hopefully I can support other mums with on their breastfeeding journey.</p>	<p><b>020 4134 831</b></p>
 <p><b>Tash</b></p>	<p>Okarito. Breastfed past one year. Experience of feeding after an epidural, biting, and bleeding nipples.</p>	<p><b>021 087 20507</b>  <a href="mailto:info@glaciervalley.co.nz">info@glaciervalley.co.nz</a></p>
<b>HOKITIKA</b>		
 <p><b>Anna</b></p>	<p>I have two children who were both fully breastfed. I have co-slept and gained experience with extended breastfeeding, tandem feeding, tongue tie, and food intolerances. So have picked up a few tricks along the way! More than happy to come meet you and your baby and see if there is anything I can help with.</p>	<p><b>021 408 146</b>  <a href="mailto:annamreid@hotmail.com">annamreid@hotmail.com</a></p>
 <p><b>Abby</b></p>	<p>I have 3 children who were all breastfed. I have knowledge and experience in feeding up to two years in age, engorgement, oversupply, latching, fast letdown, and severe reflux resulting in weight loss.</p>	<p><b>03 755 7824</b></p>





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 <p><b>Erena</b></p>	<p>I was a mother of 3 under 5 and I breastfed all 3 of my children. None of my breastfeeding experiences have been the same, each one having different ups and downs. I got through with help and support of others who have either been there or were still going through it. I have a range of experiences from mastitis, to baby losing weight, nipple blebs, and expressing colostrum in later stages of pregnancy.</p>	<p><b>03 755 8210</b></p>
 <p><b>Irish</b></p>	<p>My oldest daughter was only breastfed for less than a month. I struggled because she had nipple confusion. I also had to stop because I was working back in the Philippines. The next one was breastfed for 3 years and 2 months. It was a rough road for me due to some medical issues, but I am so blessed that my husband supported me in breastfeeding 100%. The more research I did about breastfeeding the more I wanted to do it, it's a great gift for your baby. If you need support with extended breastfeeding or aches and pains I'm just a text away.</p>	<p><b>03 755 6535</b>  <b>027 917 9109</b>  <a href="mailto:irishorozco@yahoo.com">irishorozco@yahoo.com</a></p>
 <p><b>Aimee</b></p>	<p>Three daughters, different breastfeeding experiences with them all, all breastfed past a year.</p>	<p><b>03 755 8562</b></p>
 <p><b>Emma</b></p>	<p>I've been a Mum4Mum for over 9 years, since my first daughter, and have been blessed with another baby girl. Each breastfeeding journey with my babes has had different challenges, mastitis, poor latch, oversupply, etc. I have found a range of alternative treatments such as homeopathy very helpful for me. I'm always amazing at the strength of women and how our amazing bodies provide nourishment to our babies. I'd love to support anyone on their breastfeeding journey whether it be an ear to listen or advice.</p>	<p><b>03 755 8215</b>  <b>027 365 3229</b></p>

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 <p><b>Emma</b></p>	<p>Hi, I am mum to two boys aged 4yrs and 7 yrs old. I have dealt with tongue tie, low supply (due to tongue tie), mastitis, feeding with baby in a Pavlik harness and weaning toddlers. I also breastfed 3 months into my second pregnancy.</p>	<p><b>021 0830 5865</b></p>
 <p><b>Katie</b></p>	<p>Kia or I'm a young mum with 3 beautiful girls. I have experience with nipple shields, mastitis, having a very high needs unsettled baby, and tandem feeding. I learnt a lot of tips and got some great advice from other Mum4Mums. I hope that I too can help somebody else's breastfeeding journey be as amazing as mine has been, so don't be afraid to reach out.</p>	<p><b>022 415 3445</b></p>
 <p><b>Kristie</b></p>	<p>Hi, I'm a Mum of two boys and a little girl, born 2018, 2020, and 2023. I breastfed my boys for just over two years each, and have started the same journey with my girl. I'm happy to help with any queries, or just sit down with a cup of tea and be a listening ear. I'm available during the day and some evenings, based 5 min north of Hokitika.</p>	<p><b>027 496 4662</b> <a href="mailto:k.aynsley@gmail.com">k.aynsley@gmail.com</a></p>
 <p><b>Laura</b></p>	<p>Kia ora I have 2 beautiful sons and have had experience with tongue tie, reflux, wind, forceful letdown, and a baby that just won't stop crying unless he was in a carrier. I've also had experience with cosleeping, extended contact napping, and postpartum anxiety. Please don't hesitate to contact me. Congratulations on your new baby!</p>	<p><b>027 384 2508</b> <a href="mailto:lauramayneale@gmail.com">lauramayneale@gmail.com</a></p>

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 <p><b>Naomi</b></p>	<p>I have experience with breastfeeding after a c-section, difficulty with latching, and nipple shields.</p>	<p><b>03 755 6325</b></p>
<b>KUMARA JUNCTION</b>		
 <p><b>Jacinda</b></p>	<p>Kia ora I have two children Maisie and Louis. Both my children were prem so have some experience with breastfeeding after babies being tube fed. I have experience with tandem feeding, extended feeding up to 3 years of age, and pumping forever! I have donated milk and received donor milk. I love supporting mums in any way to help their breastfeeding journey.</p>	<p><b>03 736 9725</b>  <b>021 070 3700</b>  <a href="mailto:jacindapanther@gmail.com">jacindapanther@gmail.com</a></p>
 <p><b>Kate</b></p>	<p>Hi, I'm mum of two breastfed babies. Experience with nipple shields. With my first she needed surgery for laryngomalacia and afterwards latched directly onto the breast. Have experience with mastitis and feeding through it.          I'm looking forward to meeting and helping people through their breastfeeding journey.</p>	<p><b>027 376 2861</b></p>
<b>GREYMOUTH</b>		
 <p><b>Aleisha</b></p>	<p>Hi, I successfully breastfed my daughter (now grown) until she self-weaned at 23 months and breastfed my son until he was 2.5 years old. We have been through all sorts of challenges such as tongue tie and release, nursing strikes, and oral thrush. I am happy to help anyone on their breastfeeding journey.</p>	<p><b>021 131 4616</b>  <b>03 768 6136</b></p>

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 <p><b>Hannah</b></p>	<p>Hi, I'm an Irish Mammy to two. Breastfeeding my first son was an overwhelming rollercoaster that I persevered with for 3 months. I have personal experience with hand expressing, pumping, uneven supply, over supply on one side, and mastitis. I would love to offer support to any mum, as much as I can, on whatever their breastfeeding journey might be.</p>	<p><b>021 025 47340</b></p>
 <p><b>Jenny</b></p>	<p>First time mum at 38 years old. Breastfed our wee boy for over 2 years. My experience with breastfeeding was certainly a journey which I didn't expect, both rewarding &amp; challenging. We breastfed through medical conditions &amp; medications, reflux &amp; oversupply.</p>	<p><b>021 110 1393</b></p>
 <p><b>Lisa</b></p>	<p>Hi, I'm Lisa and I have two cheerful daughters, both of whom I breastfed for just over two years. We had all sorts of problems, mostly caused by my over supply, including refusal to feed, biting, mastitis and many wet tshirt incidents at supermarkets. But it's been worth it! I'm the non-judgmental make-it-work type, so please don't hesitate to call if there's something I can help with!</p>	<p><b>03 762 7315</b></p>
 <p><b>Olivia</b></p>	<p>Hi, I have three boys, all breastfed. My first son we dealt with low milk supply, latch issues &amp; low weight gain, as a consequence we decided to top up with donor milk. My following two boys were (thankfully) were much easier to feed aside from the odd blocked duct! Was a bit of a full circle as I had the pleasure of donating milk to other babies. Currently feeding my 19 month old. Happy to help in any way I can.</p>	<p><b>021 082 46964</b></p>





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 <p><b>Amber</b></p>	<p>Kai ora ataahua wāhine- Greeting beautiful woman, I am a Mum of 3 Tamariki aged 12, 10 and 8 years old I love to call west coast home and love most things outdoors. I have experienced the NICU Journey with a premature boy at 26 weeks gestation. I was 16 years old when I found out I was pregnant and delivered when I was 17. I successfully breastfeed my 3 children up to a year old. I have been working as a māmā and pēpi Kaiāwhina for Poutini Waiora, supporting mamas through their pregnancy journey and supporting them with challenges they may face. Becoming a Mum4Mum is a honour to me, being able to help support māmā and pēpi with these challenges and be by their side is a real privilege.</p> <p><a href="mailto:amber.vanderkrogt@poutiniwaiora.co.nz">amber.vanderkrogt@poutiniwaiora.co.nz</a></p>	<p><b>027 254 6497 (work)</b> <b>0278284934 (home)</b></p>
 <p><b>Rachelle</b></p>	<p>Friendly, understanding, and always happy to help. I have 5 children, including twins.</p>	<p><b>03 768 7300</b> <b>027 307 5888</b></p>
 <p><b>Rachel</b></p>	<p>Older first time mum of one with experience breastfeeding an older child. On our ongoing breastfeeding journey, we have experienced low milk production, jaundice, nipple shields, nipple confusion, colic, reflux, food intolerances, and (finally!) the joy of successful breastfeeding. I am so pleased that with good support we overcame these challenges and I find that on top of the nutritional aspect, breastfeeding fixes everything from the sore gums of teething to bruises and tantrums of childhood.</p>	<p><b>03 762 6659</b></p>
 <p><b>Elizabeth</b></p>	<p>Hi! I've had just about every breastfeeding issue short of mastitis. Love the lactation consultants! I am super happy to help you on your journey of breastfeeding in any way I can. I found breastfeeding a major challenge the first time with a lip tie and low supply but in the end we nursed through major family trauma &amp; tragedy as well as better times. I also have experience with family allergies, pumping for a year, and extended breastfeeding. Please text first and I can call you back.</p>	<p><b>03 768 5081</b> <b>021 024 59953</b></p>

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	<p>Hi, I've had a very rewarding breastfeeding journey which I put down to my fantastic support network of nursing mum friends, midwives, and family members. I can appreciate how overwhelming breastfeeding may feel at the start- it's a whole new world. I have experience in colostrum harvesting, engorgement and oversupply (oh the leaking rockmelons!), overactive letdown, D-MER, expressing, milk donation, and mastitis. I also have a background in dairy science which made lactation especially fascinating for me. It really it helped me having other mums to talk to about breastfeeding before and after birth. Please feel free to get in touch!</p>	<p><b>022 189 4966</b>  <a href="mailto:tracey.feary@gmail.com">tracey.feary@gmail.com</a></p>
	<p>I'm a mum of 2 girls Ava and Alora who were both breastfed. My journey has involved a baby with tongue tie, low birth weight gains, and low milk supply. I love a cuppa and a chat so please get in touch if you are needing some support on your journey.</p>	<p><b>027 497 8224</b>  <a href="mailto:verity_kennedy@hotmail.com">verity_kennedy@hotmail.com</a></p>
	<p>Kia ora          Ko Hannah toku ingoa          I have just graduated as a Mum4Mum here in Māwhera. I am currently breastfeeding my almost 2-year-old after a bit of a rocky start with a late arrival of milk (day 11) and mixed feeding in the early days. Low supply and postpartum anxiety have also been factors in my journey however as a whole I have LOVED every minute of my breastfeeding journey and the amazing bond it has developed between me and my son. Always happy to chat!</p>	<p><b>021 288 7681</b></p>
	<p>Hi there! My daughter Maja was breastfed for over 1 year. At the beginning we both needed some time to learn the ins and outs of breastfeeding and I was very grateful for the amazing support I received. Initially I struggled with engorgement, fast milk flow, and latching problems and I was using a nipple shield for a while. I am very passionate about breastfeeding because I believe it is such a wonderful gift to be able to nurture my baby with the best nutrients and also help her immune system to grow and adapt in the most natural way available. I'm excited to support you on your breastfeeding journey.</p>	<p><b>027 565 49 82</b></p>

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 <p style="text-align: center;"><b>Kayleigh</b></p>	<p>Hi, I am a mum of two. I have experience with nipple shields, mastitis, damaged nipples, over supply, milk donation (to hospital and others in the community), latch issues, continuous milk drips from my sons nose, and breastfeeding after two c-sections. I also have experience in breastfeeding while being in hospital away from my daughter and timing medications to be able to pump and feed her safely while keeping up my milk supply. Anything is possible when you have amazing support! I have successfully breastfed my son until 17 months when he weaned himself and am currently still feeding my daughter at 19 months. Congratulations on your new baby! Happy to help any mums out there who need extra support.</p>	<p style="text-align: center;"><b>027 829 3782</b></p>
<b>Barrytown</b>		
 <p style="text-align: center;"><b>Stacey</b></p>	<p>Hi I live in Barrytown with my partner and two children. I am from the UK originally. My son and daughter are only 13 months apart, so we found that tandem breastfeeding worked well for us. I have experience with mastitis, weaning, feeding during pregnancy, and general ups and downs. I am more than happy to offer advice or help in any way possible.</p>	<p style="text-align: center;"><b>022 352 2748</b>  <a href="mailto:staceyhba2018@gmail.com">staceyhba2018@gmail.com</a></p>
<b>Grey Valley</b>		
 <p style="text-align: center;"><b>Gemma</b></p>	<p>Kia ora! I'm mum to 5 beautiful babies who were all breastfed, included tandem feeding the first and second for about 3 months. My breastfeeding journey started when I became a mum at 16. Over the years I encountered a variety of challenges and barriers including repeated bouts of mastitis, supply issues, a 28 weeker in NICU for a long time, severe allergies, a bowel disorder, and lip/tongue tie. All of these were certainly challenges but the right support meant I successfully breastfed for between 7-18 months with each baby. I previously worked at Poutini Waiora as Māmā and Pēpi Kaimahi and I currently work at Oranga Tamariki as Kairangahau a Whānau. I am always keen to offer support in any way I can.</p>	<p style="text-align: center;"><b>027 244 1964 (Home)</b>  <b>029 273 2253 (Work)</b></p>






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 <p><b>Molly</b></p>	<p>Hi, I live in the Grey Valley and have done most of my life. I have 3 gorgeous boys 3 and under. I breastfed my first son until he was 16months old. I've been feeding my twin boys since day one and I'm still going (they're now 1). I have experience in obviously tandem feeding, twin feeding and nursing strikes!! Oh and returning to work and feeding.</p>	<p><b>027 260 5545</b></p>
 <p><b>Lucy</b></p>	<p>My husband and I have a dairy farm in Atarau. We have 4 children, all breastfed. My breastfeeding journey has varied for each child and I have had situations where I haven't had enough milk and for other babies almost too much milk. I really enjoy breastfeeding and would be happy to share knowledge and different techniques that I have picked up over the years</p>	<p><b>027 635 8636</b>  <a href="mailto:lucyjrmooore@hotmail.com">lucyjrmooore@hotmail.com</a></p>
<p><b>Marion</b></p>	<p>One son and had cracked nipples early on. Experience of life on a farm with a child and breastfeeding for longer than one year. Son is now in high school but I'm happy to support mums around Ahaura.</p>	<p><b>03 732 3758</b></p>
<p><b>Reefton</b></p>		
 <p><b>Ruth</b></p>	<p>Our first baby Rocco loved breastfeeding. He had a very sensitive gag reflex and wasn't interested or able to eat any other food until he was around 21 months old. He's a great eater now and breastfed until he was just over 2.5yo, weaning about 2 months before our second baby Aurora was born. Aurora started solids at 7 months doing baby-led weaning. Have experience with eczema linked to food intolerances. She breastfed until she self-weaned at 4 years old.</p>	<p><b>027 575 3049</b></p>

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<b>Westport</b>		
 <b>Anita</b>	<p>Kō Anita Aroha Green tōku ingoa, I am the māmā of 2 tamāhine/girls (born 2007 and 2009) and 1 tama/boy (born 2015) My first experience of breastfeeding ended with a severe case of mastitis leading to bottle feeding. Passionate about holistic health and wellbeing, I made learning to breastfeed a top priority with the support of a breastfeeding consultant and our local plunket nurse, continuing on to have 2 very positive and fulfilling experiences with 2<sup>nd</sup> and 3<sup>rd</sup> pēpi. I am currently employed by Te Whatu Ora (Health New Zealand) here in Te Tai Poutini (Kawatiri / Westport) as a Pūkenga Tiaki - Māori Mental Health, working alongside the Child and Adolescent Mental Health Service (CAMHS). I am of both Māori and Pākeha descent and welcome all wāhine/women needing breastfeeding support to reach out, you do not have to struggle with this on your own. Aroha nui</p>	<p><b>027 843 7633</b>  <a href="mailto:arohaintuitive@gmail.com" style="color: #4a7ebb; text-decoration: underline;">arohaintuitive@gmail.com</a></p>
 <b>Donna</b>	<p>After struggling to have a breastfeeding experience with my daughter I was determined to have one with my son. I have experience with tongue tie and severe nipple damage. I would love to “pay it forward” after receiving so much support during my current breastfeeding journey.</p>	<p><b>022 127 3083</b></p>
 <b>Anna</b>	<p>Kia Ora, I am 32 and have 4 children. Jakobi is 10, Tylah is 7, Remy is 1 and Sonny is 2 months. I have been lucky enough to breastfeed all my children. I went through cracked nipples with my first and now also going through it with my 4th, luckily I now know how to manage it. If you have any questions or just want a chat please feel free to get in touch.</p>	<p><b>022 166 9349</b></p>




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 <p style="text-align: center;"><b>Di</b></p>	<p>I'm a 39 year old mum to my darling Lily. I breastfed Lil til she was over 2 years old, and only stopped to increase my chances of conceiving. We had a tough time establishing breastfeeding at first and I expressed using an electric pump for the first 6 months. I have also had experience with baby not thriving (or sleeping), allergies, and elimination diets, forced weaning (for 5 weeks) due to my ill-health and relactation, and post-natal depression/anxiety. The first months of motherhood can be a pretty rough journey for some, and I believe that if a mum is happy, then bub will be happy. I'm happy to talk to any new mums out there who are struggling and need some friendly advice.</p>	<p><b>03 789 5664</b> <b>021 426 233</b></p>
 <p style="text-align: center;"><b>Emily</b></p>	<p>My breastfeeding journey starts with my first child not latching and ending up in NICU for 2 weeks being fed expressed breastmilk through a nasogastric tube. She eventually mastered the skill of breastfeeding from me and continues to breastfeed 2 years later. I've had experience with oversupply, cracked nipples, and mastitis. I've also donated surplus breastmilk to another baby.</p>	<p><b>027 764 0152</b></p>
 <p style="text-align: center;"><b>Arlaina</b></p>	<p>Hi, I am a SAHM of 3 beautiful girls. My husband and I moved to Westport in 2019 with our, then 15-month-old, while I was 22 weeks pregnancy with our second child. My first 2 children both had tongue tie. I breastfed my oldest for a year with the help of a shield; during both times I pumped and bottle-fed breast milk. I am currently breastfeeding my 7-month-old without a shield, which has been an amazing experience. I know how tough it can be as a new mum and how different each child can be to breast feed, and I love offering any support I can.</p>	<p><b>020 4181 1153</b> <a href="mailto:arlaina.siakia@gmail.com"><u>arlaina.siakia@gmail.com</u></a></p>




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 <p style="text-align: center;"><b>Nicole</b></p>	<p>I have 2 sons, Hunter and Lachlan. When Hunter was born, the experience was very traumatic. After that I really struggled mentally and physically. When Hunter was just 2 weeks old I felt like I couldn't handle breastfeeding any longer, but with help I managed to make it to 9.5 months, when we both got sick and it unfortunately ended our breastfeeding journey. With Lachlan, I successfully breastfed until he was 22 months old. I feel the Mum4mum training was a tremendous help in achieving this.</p>	<p style="text-align: center;"><b>027 861 7247</b></p>
 <p style="text-align: center;"><b>Heranush</b></p>	<p>Kia ora / Hola, I live with my family in Westport. I am Lactation Consultant (IBCLC) an active La Leche League Leader. My experiences raising children have raised my consciousness of the challenges many parents face. A central belief of mine is the importance of service. Being a lactation consultant and part of La Leche League and a Mum4Mum supporters is one of the greatest services I can provide to others. Since my arrival in New Zealand it has been great to get to know the wonderful West Coast community.</p>	<p style="text-align: center;"><b>022 317 9360</b>  <a href="mailto:nushijoon@gmail.com">nushijoon@gmail.com</a></p>
 <p style="text-align: center;"><b>Pip</b></p>	<p>I am mother of 3. My husband and I are born and bred Westportonians. After a very successful birth at Kawatiri, following some breastfeeding difficulties, my daughter was diagnosed with tongue tie which required releasing. Since this simple procedure, she fed successful yfor 15 months.</p>	<p style="text-align: center;"><b>027 522 3539</b></p>

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Waimangaroa		
 <p><b>Charlie</b></p>	<p>Kia ora, I gave birth to twin boys 12 weeks early due to severe pre-eclampsia. We spent 15 weeks in 2 different NICUs and 1 week in the HDU. During this time they were fed through NG tubes, unfortunately my supply dried up when we were discharged. I exclusively pumped for 76 days until the very last drop. I was, however, able to supply my boys with donor milk for another 2 years and 3 months. I have experience with supplemental nursing systems, pumping, tube feeding, donor milk, and birth trauma, along with ongoing medical issues with me and the boys. I also volunteer as an admit for Human Milk 4 Human Babies, a breastmilk sharing website that helps match mums and babies with community donor milk. I'm very passionate about breastmilk and breastfeeding, and happy to help support whenever needed. Please feel free to contact me anytime, I am so grateful to be able to help support māmā through their journey no matter what that looks like.</p>	<p><b>0204 120 3900</b></p>
Hector		
 <p><b>Sharon</b></p>	<p>Mama of 2 tamariki, 7 Mokopuna and 1 Mokopuna nui. Breastfed my son for 4 months, due to poor advice weaned him onto a bottle. Attended La Leche coffee mornings after the birth of my daughter, successfully breastfed her until she was nearly 3 years old. Kaiāwhina/Māmā &amp; Pēpi for Poutini Waiora in the Kawatiri Office. Supported Mama's attending Mum4Mum sessions, graduated as an advocate myself.</p>	<p><b>03 789 7551</b> <b>021 137 0103</b></p>
Gentle Annie		
 <p><b>Jess</b></p>	<p>Kia ora, we found a lot of support in Mum4Mums and BABES in Arms. While we had a rocky start to breastfeeding- it took us a while to latch correctly- our family was able to successfully breastfeed for nearly 2 years. I say "family" because I believe breastfeeding is a whole family/whānau journey. All the best for yours! Kia kaha- it may be hard initially, but it is worth it!</p>	<p><b>021 265 6190</b></p>

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