

# NEW ZEALAND LACTATION CONSULTANTS ASSOCIATION

## DIRECTORY OF LACTATION CONSULTANTS

If there are no listings for your area please phone us on (0800) 452 282



### Northland

### Auckland

#### **Alix Bradley**

Area Covered: RODNEY and North Shore

Phone: 021 028 32453 (Work)

Website:

Service Offered: Home Visits - Lactation and new born care

Cost Service: To be determined

Working Hours: Afternoons

#### **Barbara Brinsdon**

Area Covered: Most of Northshore, Hibiscus Coast, Whangapararua to Manly

Phone: 021 629 400 (Mobile) 09 473 0294 (Work)

Website: [www.motherwise.co.nz](http://www.motherwise.co.nz)

Service Offered: Phone / Home and Clinic visits

Cost Service: \$80.00 per hour

Working Hours: Mon - Fri 9.30 to 4.30 as available

#### **Trish Ebery (Warder)**

Area Covered: Auckland Wide

Phone: 021 445 121 (Mobile) 021 445 121 (Work)

Website: [www.breastfeedingsupport.co.nz](http://www.breastfeedingsupport.co.nz)

Service Offered: Early parenting support for breastfeeding, sleep, settling advise. Electric breast pump hire and purchase. Available as a postnatal midwife in Auckland.

Cost Service: Clinic visits \$125.00, follow-ups at a reduced price. Home visits available.

Working Hours: 7 days 8am - 6pm

#### **Val Furness**

Area Covered: Howick, Flatbush, Whitford, Beachlands, Maraetai

Phone: 027 393 4999 (Mobile) 09 534 6063 (Work)

Website:

Service Offered: Phone consultations, Home and clinic visits

Cost Service: Negotiable

Working Hours: Tues, Wed, Thur and occasional Saturdays

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### **Claire Hotchin**

Area Covered: Auckland / Eastern Suburbs

Phone: 09 575 1304 (Work)

Website:

Service Offered: Private Practice / Home visits

Cost Service: \$125.00 per visit

Working Hours: Monday – Friday part-time

### **Yvonne LeFort**

Area Covered: Greater Auckland or throughout New Zealand on request

Phone:

Website:

Service Offered: Tongue tie assessment treatment and any breastfeeding problems, any age

Cost Service: 175

Working Hours: Most days

### **Catherine McCormick**

Area Covered: Central and West Auckland

Phone: 021 337 949 (Home)

Website: [www.holisticbaby.co.nz](http://www.holisticbaby.co.nz)

Service Offered: phone consult, clinic and home visits

Cost Service: \$80 clinic visit, \$150 Home Visit

Working Hours: Flexible

### **Robyn McMillan**

Area Covered: North Shore

Phone: 027 482 0564 (Mobile)

Website:

Service Offered: Phone consults

Cost Service: Free

Working Hours: Monday – Sunday

### **Kay Parish**

Area Covered: West Auckland

Phone: 021 173 7755 (Mobile)

Website:

Service Offered: Home visits

Cost Service: Flexible

Working Hours: 7 days

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### **Gerry (Geraldine) Smith**

Area Covered: West & Central Auckland

Phone: 021 022 47442 (Mobile)

Website:

Service Offered: Clinic and home visits

Cost Service:

Working Hours: phone to arrange

### **Theresa Yoroshevich**

Area Covered: North Shore , Hibiscus Coast

Phone: 021 944 373 (Mobile)

Website: [www.facebook.com/theresa.ibclc](http://www.facebook.com/theresa.ibclc)

Service Offered: Home Visits & Phone consults

Cost Service: \$120.00/ 2 hr home visit

Working Hours:

### **Sandica Zorzoliu**

Area Covered: Howick, Botany, Pakuranga, Cockle Bay, Flat Bush

Phone: 021 1269921 (Mobile) 09 535 4952 (Work)

Website:

Service Offered: Home Visits & Phone

Cost Service: \$50

Working Hours: Negotiable

## **Waikato**

### **Alys Brown**

Area Covered: Waikato / Hamilton

Phone: 022 340 0123 (Mobile)

Website:

Service Offered: Clinic visits

Cost Service: \$60 for 30-45 mins includes treatment

Working Hours: Fridays usually, sometimes varies

### **Kristina Maconaghie**

Area Covered: Taupo (surrounding districts by arrangement)

Phone: 021 237 3192 (Home)

Website: [fb.me/yourlactationconsultant](https://fb.me/yourlactationconsultant)

Service Offered: Home visits for Breastfeeding or baby consultation: Antenatal feeding and support plan.

Cost Service: 59

Working Hours: Mon, Wed, Friday 9.am -2.30 pm

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### **Wendy Pennell**

Area Covered: Hauraki District, Thames  
Phone: 022 087 9698 (Mobile) 07 280 3587 (Home)  
Website:  
Service Offered: Phone / Clinic / Home  
Cost Service: \$60.00 plus travel costs  
Working Hours: Mon - Sat 8.30am - 5.30pm

### **Sheridan Till**

Area Covered: Hamilton  
Phone: 021 179 0862 (Mobile) 07 839 6773 (Home)  
Website:  
Service Offered: Clinic & Home visits  
Cost Service: \$80.00 (includes travel costs)  
Working Hours: Monday - Friday 10am – 4.00 pm

## **Bay of Plenty**

### **Trudy Hart**

Area Covered: Bay of Plenty  
Phone: 021 025 66491 (Mobile) 07 549 5644 (Work)  
Website:  
Service Offered: Private / Phone / Clinic / Home visits. Lactation and parenting information and support. TT a speciality.  
Cost Service: As appropriate to input, around \$50/consultation  
Working Hours: 24 / 7

### **Karen Palmer**

Area Covered: Western Bay of Plenty  
Phone: 027 2437 897 (Work)  
Website:  
Service Offered: Phone and clinic  
Cost Service: Free Plunket service  
Working Hours: 4 days a week

### **Shauna Walters**

Area Covered:  
Phone: 021 508 368 (Mobile) 07 570 6106 (Work) 07 544 6940 (Home)  
Website:  
Service Offered:  
Cost Service:  
Working Hours:

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### **Sue Wells**

Area Covered: Rotorua

Phone: 027 274 4006 (Mobile)

Website:

Service Offered: Home visits, Lactation, Introduction solids, sleep.

Cost Service: \$100 initial visit, \$75 follow up

Working Hours: Any time

### **Amy Wray**

Area Covered: Rotorua

Phone: 027 403 8191 (Home)

Website:

Service Offered: Antenatal and Post natal

Cost Service: Free

Working Hours: Mon to Friday 8 -5pm

## **Hawkes Bay**

### **Liz Banks**

Area Covered: Hawkes Bay

Phone: 027 769 1602 (Mobile) 06 878 8109 ext6016 (Work)

Website:

Service Offered: Employed Phone / Clinic Visits

Cost Service: Free

Working Hours: 8.30am - 4.30pm

### **De Nicholls**

Area Covered: Hawkes Bay

Phone: 027 47 13320 (Mobile)

Website:

Service Offered: Home visits, clinic option from mid 2017

Cost Service: \$95 an hour for initial consult. \$80 an hour followup

Working Hours: Monday - Friday 8.30 - 6pm

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### Taranaki

#### **Anne Cullen**

Area Covered: Taranaki and on line.

Phone: 027 545 7761 (Mobile)

Website: [www.iamannecullen.com](http://www.iamannecullen.com)

Service Offered: Breastfeeding consultations online, in clinic and in home

Cost Service: \$100 initial visit, \$40 subsequent visits

Working Hours: Mon-Frid 9-3pm or by arrangement

#### **Paula Dawson**

Area Covered: North Taranaki

Phone: 027 275 4225 (Home)

Website:

Service Offered: Lactation education and advice

Cost Service: Free

Working Hours:

### Manawatu

#### **Jaqueline Nutt**

Area Covered: Manawatu/Tararua/Horowhenua

Phone: 022 528 2466 (Mobile)

Website: [www.communitybirthservices.org.nz](http://www.communitybirthservices.org.nz)

Service Offered: Phone, clinic, home visits

Cost Service: Free

Working Hours: Mon - Friday 9am to 4pm

#### **Petra Samland**

Area Covered: Manawatu

Phone: 027 355 3222 (Mobile)

Website: [www.panaceahealth.co.nz](http://www.panaceahealth.co.nz)

Service Offered: Full Lactation services, Antenatal & Postnatal. Phone Home visits & Clinic

Cost Service: Negotiable

Working Hours: Flexible

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### **Jackie Wheeler**

Area Covered: Manawatu

Phone: 027 368 5222 (Mobile)

Website:

Service Offered: Phone, Clinic and Home Visits

Cost Service: \$70 first visit \$40 follow up

Working Hours: Anytime

## Whanganui

### **Margaret Colway**

Area Covered: Wanganui

Phone: 021 246 8302 (Mobile) 06 348 3253 (Work)

Website:

Service Offered: Clinic visits & phone consults

Cost Service: Free

Working Hours: Monday - Friday 8am – 4:30pm. Clinics Mon 1- 4pm & Thurs 10:30am – 1pm.

## Wellington / Wairarapa

### **Cherry-Anne Lee**

Area Covered: Tararua District, Dannevirke, Akitio, Woodville, Pahiatua, Pongaroa, Eketahuna

Phone: 027 848 7600 (Mobile) 06 3743448 (Home)

Website: [www.tbam.co.nz](http://www.tbam.co.nz)

Service Offered: Home, phone, Clinic AN &PN education and treatment.

Cost Service: \$115/hr, incl. 1 follow up ph consultation. Travel costs if outside Dannevirke to Akitio

Working Hours: Mon & Tues 9.30-2.30, Fri 9.03 - 2pm Ph Mon to Fri 9am to 5pm

### **Mary-Clare McCarthy**

Area Covered: Wellington & Hutt Valley

Phone: 021 973 129 (Mobile)

Website: [www.breastfeed.co.nz](http://www.breastfeed.co.nz)

Service Offered: Private / Home visits & frenotomy as also midwife specialist trained.

Cost Service: Contact Mary for charges

Working Hours: Monday - Friday 8:30am - 5.30pm

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### Tasman

#### **Celia Butler**

Area Covered: Tasman

Phone: 021 185 2075 (Mobile) 03 5259093 (Home)

Website:

Service Offered: Phone

Cost Service: Free

Working Hours: Anytime

### Nelson / Marlborough

#### **Debra Hardcastle**

Area Covered: Nelson / Tasman

Phone: 022 326 3146 (Mobile)

Website: [DebraHardcastle.nz](http://DebraHardcastle.nz)

Service Offered: Home visits and phone consults. Antenatal consults and Bf support and advice

Cost Service: see website for details

Working Hours: by arrangement

#### **Jackie Martin**

Area Covered: Marlborough

Phone: 027 351 6628 (Mobile)

Website:

Service Offered: Phone / Clinic

Cost Service: Free through NMDHB & Plunket

Working Hours: Phone /Text anytime. 2 clinics a week

### West Coast

#### **Pauline Hole**

Area Covered: South Canterbury

Phone: 021 357 023 (Mobile) 027 491 0865 (Work) 03 615 8357 (Home)

Website:

Service Offered: Private / Public Clinic / Phone / Home Visits

Cost Service: No cost

Working Hours: Monday to Friday 8am to 4.30pm. Weekend telephone consults only



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### **Raewyn Johnson**

Area Covered: Westcoast  
Phone: 027 288 0269 (Mobile) 027 288 0269 (Work)  
Website:  
Service Offered: Phone / Clinic / Home  
Cost Service: Free  
Working Hours: Mainly Mon& Tues but any time

## Otago

### **Donna Dalzell**

Area Covered: Dunedin  
Phone: 027 2437 350 (Mobile) 027 243 7350 (Work) 03 454 2030 (Home)  
Website:  
Service Offered: Home Visits  
Cost Service: \$80 initial consult \$50 follow up appts.  
Working Hours: On enquiry

### **Stefanie Kalmakoff**

Area Covered: Dunedin  
Phone: 027 330 5503 (Mobile) 03 470 9186 (Work)  
Website:  
Service Offered: Phone consults  
Cost Service: Enquires  
Working Hours: Enquire

### **Carrie van Rij**

Area Covered: Dunedin  
Phone: 021 021 81144 (Mobile)  
Website: [www.nourishbaby.co.nz](http://www.nourishbaby.co.nz)  
Service Offered: Home visits  
Cost Service: \$100 first hour \$60/hour thereafter  
Working Hours: Phone to arrange