

NZLCA AIMS & OBJECTIVES

1. To support the International Code of Marketing of Breast Milk Substitutes, interpreted by the World Health Organisation and the World Health Assembly.
2. To provide educational opportunities and collegial support for member IBCLC's.
3. To provide education, opportunities and support in relation to breastfeeding and lactation, for health professionals.
4. To contribute to the normalisation of breastfeeding in New Zealand society and to a reduction in demand for breast milk substitutes.
5. To raise community awareness of the unique properties of human milk and the implications of infant feeding choices throughout the life course.
6. To make representations to relevant authorities on issues of concern to Lactation Consultants and to serve as an advisory body for such authorities.
7. To evaluate goods and services used by breastfeeding women and to liaise with suppliers and manufacturers.
8. To enable access to individual Lactation Consultants and their services in New Zealand.
9. To co-operate with other organisations within New Zealand and overseas having aims and objectives in whole or part similar to those of NZLCA.
10. To encourage, stimulate, establish funds for and aid research and investigation into all aspects of lactation and infant feeding.

“While discoveries are still being made about the many benefits of breast milk and breastfeeding, few today would openly contest the maxim “breast is best”. Yet slogans, however accurate, are no substitute for action”.
From Protection, Promoting and Supporting Breastfeeding - WHO/UNICEF Joint Statement

“Babies are indeed born to be breastfed”

Photo Copyright NZLCA. Thanks to Claire & Sian

NZLCA

NEW ZEALAND
LACTATION
CONSULTANTS
ASSOCIATION



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[ABOUT LACTATION CONSULTANTS](#)

WHY LACTATION CONSULTANTS?

Lactation Consultants believe that breastfeeding matters to women and their babies. Almost all New Zealand women breastfeed, but some wean earlier than they would like, due to problems that are avoidable or manageable. An IBCLC Lactation Consultant can make a difference between giving up, and continuing to breastfeed for as long as mother and baby wish.

WHAT DO LACTATION CONSULTANTS DO?

The IBCLC Lactation Consultant is the main resource for anyone requiring assistance or needing to know more about special breastfeeding and lactation problems or about the importance of human milk. The Lactation Consultant advocates for breastfeeding as the norm for babies and toddlers.

WHERE DO LACTATION CONSULTANTS WORK?

IBCLC Lactation Consultants are:

- Clinical specialists in hospitals and the community

- Childbirth & parent educators
- Well child & paediatric nurses
- Midwives & doctors
- Practice nurses & G.P's
- Researchers, teachers & writers

HOW ARE LACTATION CONSULTANTS ACCESSED?

This depends on the baby's age and whether there is a special circumstance.

- NZLCA maintains a directory of IBCLC Lactation Consultants. One in your area can be accessed via
0800 452 282
or via the website
www.nzlca.org.nz
- The service may be private or free
- Health providers and community services can refer a mother to free hospital or community Lactation Consultant services
- Premature and special babies with feeding or nutrition difficulties will usually receive Lactation Consultant support automatically.

ABOUT NZLCA

The New Zealand Lactation Consultants Association (NZLCA) is the professional association of Internationally Certified Lactation Consultants in New Zealand.

NZLCA members have all passed a fully accredited examination set by the International Board of Lactation Consultants Examiners (IBLCE), which is a member of the prestigious US National Commission for Health Certifying Agencies. The International Board includes representatives from the American Academy of Paediatrics (AAP) and the Nurses Association of the American College of Obstetrics and Gynaecology (NACOG). The title 'International Board Certified Lactation Consultant' (IBCLC) can only be used by persons who are IBCLC Certified and provided that they submit to periodic re-certification procedures mandated by the International Board.

NZLCA provides an annual Conference for members and interested health professionals, which covers many aspects of lactation, with international speakers. This enables the Lactation Consultants to keep updated with research and topical issues and helps gain education points for re-certification.

Local groups meet informally to discuss relevant issues at intervals during the year.