

# 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

#### **Stephanie Armstrong**

Area Covered: North Shore , Hibiscus Coast, some West

Phone: 021 252 4746 (Mobile) 09 442 2649 (Home)

Website:

Service Offered: Home visits, clinic, email, phone calls, texts

Cost Service: \$150 for full consultation 2-3 hours

Working Hours: Flexible

#### **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: North of Northshore, Hibiscus Coast to Stanmore Bay

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

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

Service Offered: Phone, online, Home and Clinic visits

Cost Service: \$80.00 per hour

Working Hours: Weekdays 9 to 4 as available

#### **Barbara Fletcher**

Area Covered: South Auckland

Phone: 021 897 623 (Mobile)

Website:

Service Offered: Home Visits

Cost Service: Free

Working Hours: Mon, Tues, Wed, Fri

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### **Lynley Nichols**

Area Covered: All Auckland

Phone: 02 159 8075 (Mobile)

Website:

Service Offered: Phone / Online / Home visits

Cost Service: \$120 for home visit, \$85 follow up Home visit

Working Hours: Mon-Thurs after 5pm, Friday afternoons and weekends

### **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) 09 536 8766 (Home)

Website:

Service Offered: Phone consultations, Home and clinic visits

Cost Service: Negotiable

Working Hours: Tues, Wed, Thur and occasional Saturdays

### **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: Very variable availability Mon to Fri business hours

### **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

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### **Catherine McCormick**

Area Covered: Central and West Auckland  
Phone: 021 337 949 (Mobile) 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:  
Phone: 027 482 0564 (Mobile)  
Website:  
Service Offered: Phone consults  
Cost Service: Free  
Working Hours: Any time

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

Area Covered: Auckland  
Phone: 021 022 47442 (Mobile)  
Website:  
Service Offered: Clinic and home visits  
Cost Service:  
Working Hours: As required

### **Theresa Yoroshevich**

Area Covered: North Shore , Hibiscus Coast, Rodney  
Phone: 021 944 373 (Mobile)  
Website: [www.facebook.com/theresa.ibclc](http://www.facebook.com/theresa.ibclc)  
Service Offered: Home Visits  
Cost Service: \$120.00  
Working Hours: Call for current availability

### **Sandica Zorzoliu**

Area Covered: East Auckland  
Phone: 021 1269921 (Mobile) 09 535 4952 (Work)  
Website:  
Service Offered: Home Visits  
Cost Service: \$60  
Working Hours: Flexible

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### Waikato

#### **Alys Brown**

Area Covered: Waikato

Phone: 022 340 0123 (Mobile)

Website:

Service Offered: Clinic visits

Cost Service: \$60 - Tongue Tie release & LC consult

Working Hours: Friday evenings / Saturday mornings as available

#### **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 9am - 2.30pm

#### **Wendy Pennell**

Area Covered: Hauraki District, Thames

Phone: 022 087 9698 (Mobile)

Website:

Service Offered: Phone / Clinic / Home

Cost Service: \$60.00 plus travel costs

Working Hours: Mon to Sat 8.30am - 5.30pm

#### **Sheridan Till**

Area Covered: Hamilton

Phone: 021 179 0862 (Mobile) 07 839 6773 (Home)

Website:

Service Offered: Home visits

Cost Service: \$80.00 (includes travel costs) \$50 for follow up appointment

Working Hours: 7 days 9am - 5pm

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### Bay of Plenty

#### **Kathryn Boyd**

Area Covered: Eastern Bay of Plenty

Phone: 021 556 033 (Mobile)

Website:

Service Offered: Phone, Online, Home visits

Cost Service: Varies according to consult

Working Hours: Monday to Friday 8am - 4pm. Phone consults only weekends

#### **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: Bay of Plenty

Phone: 021 508 368 (Mobile) 07 570 6106 (Work)

Website:

Service Offered: Phone, Online, Home and Clinic visits

Cost Service: Free

Working Hours: Monday - Friday 9am - 4pm. Phone consults any time

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### **Sue Wells**

Area Covered: Bay of Plenty  
Phone: 027 274 4006 (Mobile)  
Website: [LakesLactation.co.nz](http://LakesLactation.co.nz)  
Service Offered: Phone / Online / Clinic  
Cost Service: By Negotiation  
Working Hours: Monday to Sunday 9am - 5pm

### **Amy Wray**

Area Covered: Lakes DHB  
Phone: 021 1300293 (Mobile) 027 405 8191 (Home)  
Website:  
Service Offered: Antenatal and Post natal  
Cost Service: Free  
Working Hours: Mon to Friday 9am -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: Monday to Friday 8am - 5pm

### **De Nicholls**

Area Covered: Hawkes Bay  
Phone: 027 47 13320 (Mobile)  
Website:  
Service Offered: Home visits, Clinic visits  
Cost Service: \$95 an hour for initial consult. \$80 an hour followup  
Working Hours: Monday to Friday 8am - 6pm

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### Taranaki

#### **Julie Foley**

Area Covered:

Phone: 027 704 5497 (Mobile) 06 759 4064 (Home)

Website: [www.tuiora.co.nz/Services/Pepe/Breastfeeding-Community-Support-Service-Tiaki-Ukaipo](http://www.tuiora.co.nz/Services/Pepe/Breastfeeding-Community-Support-Service-Tiaki-Ukaipo)

Service Offered: Breastfeeding clinic and Home Visits

Cost Service: Free

Working Hours: Monday to Friday 8.30am -5pm

### Manawatu

#### **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

### 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 to Friday 8am – 4:30pm. Clinics Mon 1- 4pm & Thurs 10:30am – 1pm.

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### 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 9.30 - 2pm. Phone 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: Home visits

Cost Service: Enquires

Working Hours:

### Tasman

#### **Celia Butler**

Area Covered: Tasman

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

Website:

Service Offered: Phone/ Home Visits

Cost Service: Free

Working Hours: Anytime subject to availability



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### Nelson / Marlborough

#### **Debra Hardcastle**

Area Covered: Nelson / Tasman Regions

Phone: 022 326 3146 (Mobile)

Website: DebraHardcastle.nz

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

Cost Service: By appointment

Working Hours: Flexible

#### **Liz Nash**

Area Covered: Marlborough

Phone: 027 488 2909 (Mobile)

Website:

Service Offered: Home and Clinic visits

Cost Service: \$85

Working Hours: Part time flexible hours - mainly Thursdays and Fridays

### West Coast

#### **Pauline Hole**

Area Covered: South Canterbury

Phone: 021 357 023 (Mobile) 03 615 8357 (Home)

Website:

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

Cost Service: No cost

Working Hours: Anytime

#### **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 Monday & Tuesday but any time

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### Otago

#### **Wendy Byrne**

Area Covered: Central Otago

Phone: 027 632 6352 (Mobile)

Website:

Service Offered: Phone consults/Home Visits

Cost Service:

Working Hours: As needed

#### **Donna Dalzell**

Area Covered: Dunedin

Phone: 027 2437 350 (Mobile)

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)

Website:

Service Offered: Phone consults, clinic visits

Cost Service: Enquires

Working Hours: Enquire

#### **Sara Keen**

Area Covered: Waitaki

Phone: 021 103 4090 (Mobile) 03 437 1805 (Work) 03 433 0269 (Home)

Website:

Service Offered: Phone / Clinic / Home Visits

Cost Service: \$65

Working Hours: Any time

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### **Maria Mc Caw**

Area Covered: South Otago

Phone: 027 221 5117 (Mobile) 03 417 7198 (Home)

Website:

Service Offered: Phone / Home visits

Cost Service: Varies according to location

Working Hours: Negotiable

### **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