

New Zealand

Health New Zealand | Te Whatu Ora

Health New Zealand provides trusted, evidence-based information on breastfeeding, expressing and storing breast milk, common breastfeeding challenges, infant feeding, donor human milk, and where to find local breastfeeding support throughout New Zealand.

Website: <https://info.health.nz>

Plunket New Zealand

New Zealand's largest provider of well-child health services, offering free support for families from pregnancy through the early years. Services include breastfeeding guidance, child health information, developmental support, and access to community services.

Website: <https://www.plunket.org.nz>

La Leche League New Zealand

Provides free breastfeeding information and peer support through accredited Leaders, local groups, online meetings, and educational resources. Families can receive practical encouragement and guidance throughout their breastfeeding journey.

Website: <https://lalecheleague.org.nz>

New Zealand Lactation Consultants Association (NZLCA)

The professional association representing International Board Certified Lactation Consultants (IBCLCs) in New Zealand. Families can learn about professional lactation care and search for an IBCLC to receive individualized breastfeeding support.

Website: <https://www.nzlca.org.nz>

New Zealand Breastfeeding Alliance (NZBA)

A national alliance committed to protecting, promoting, and supporting breastfeeding throughout New Zealand. The alliance advocates for breastfeeding-friendly policies and practices and works to improve breastfeeding outcomes through collaboration, education, and leadership.

Website: <https://www.breastfeeding.org.nz>

Health New Zealand | Te Whatu Ora – Donated Breast Milk

Provides evidence-based information about donor human milk, milk donation, and access to hospital-based human milk banks for babies with medical needs. The site explains how donor milk is screened, processed, and safely provided through New Zealand health services.

Website: <https://www.healthnz.govt.nz/health-topics/pregnancy-maternity/breastfeeding/donated-breast-milk>

Looking for local support?

In addition to the organizations listed above, your midwife, Well Child provider, family doctor, nurse practitioner, or an International Board Certified Lactation Consultant (IBCLC) can provide individualized breastfeeding support and help connect you with local services in your community.

Note:

Resources included on this website have been selected because they provide trusted, evidence-informed breastfeeding information and support. They are reviewed periodically to help ensure continued alignment with the principles of the WHO International Code of Marketing of Breast-milk Substitutes.