

Press release

The Big Latch On is back

24 July 2019

The Big Latch On

Friday 2nd August, from 9:30am

Carterton Events Centre

It's time to celebrate breastfeeding in Wairarapa!

Every year, the Big Latch On recognises the amazing effort our Wairarapa mums and families put in to giving their babies a great start in life.

Mothers and babies are all welcome - hapu, breastfeeding, express feeding and bottle feeding, we are all inclusive and look forward to celebrating together.

Doors open at 9:30am for a latch count at 10:30am.

There'll be entertainment for toddlers, prizes and giveaways, stalls, and information galore.

We are also launching the fresh, new Pēpe Ora website.

Come and join the fun!

For more information call Sarah on 06 377 9130

Every Tuesday morning, a Little Latch On is held in the Maternity Ward at Wairarapa Hospital to share infant feeding information, provide guidance and support mums, partners and babies.

The Little Latch On meeting was the first outing that Erin and baby Max took by themselves. She recommends the Tuesday get-togethers as a safe space to go and meet other new mums with similar experiences.

"It is an outing you know you can do with confidence," said Erin.

Amy is one of 15 peer supporters in our community and attends the meetings to offer guidance for mums. Breastfeeding peer supporters are also available to catch up with mothers on a one to one basis any time.

Amy finds it rewarding coming to the Little Latch On meetings. "It is nice to come and join in, even if mums don't have trouble feeding," she says.

"It's great to meet other new mums and have your questions answered in a safe space. There is always a lovely atmosphere in the ward, with easy conversation flowing."

Lactation Consultant, Julie Foley, is a warm and friendly advisor that quickly puts any troubled mums at ease and can offer guidance around latching and positioning techniques. Julie is also available for one on one consultations for more complex issues, and works very closely with the midwives and peer supporters.

Anyone wishing to join the Little Latch On group can just come along to the Maternity Ward any Tuesday morning at 10am.

For more information:

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To find out more about Breastfeeding Wairarapa go to their Facebook page [here](#). They have information on both peer support and lactation consultant support, and is for babies/toddlers of all ages

Photos follow



Amy, Julie and Erin



Barb and Quinn



Erin and Max



Penny and Alfie