

## STEP TEN

# POST-DISCHARGE BREASTFEEDING SUPPORT AND CARE

Coordinate discharge so that parents/whānau/family and their infants have timely access to ongoing support and care.

### HIPANGA 10

Me whakahāngai i ngā tāngata e tika ana mō te rā puta i te wāhi whakawhānau/family kia wātea katoa ngā tautoku me ngā taurimatanga e tika ana mā ngā mātua me ā rātou kōhungahunga.

Review date: September 2026

*Te Whatu Ora Waitaha commits to adhering to and further incorporating the principles of Te Tiriti o Waitangi, outlined in the breastfeeding/chestfeeding policy, at each review.*

## PURPOSE

To ensure that whānau have the information they need to access appropriate and sustained support to continue their breastfeeding/chestfeeding journey, no matter how long.

## RESPONSIBILITY

The breastfeeding/chestfeeding policy and guidelines are applicable to all Te Whatu Ora, Waitaha employees working within maternity services including visiting health professionals and students.

## GUIDELINE

Whānau will be encouraged to access breastfeeding/chestfeeding education throughout the childbearing journey wherever possible. This enables whānau to understand the importance of breastfeeding/chestfeeding and continue providing support once home.

As per [Ref.GLB05](#), all whānau will be shown how to hand express prior to discharge to support their lactation and breastfeeding/chestfeeding journey.

Pregnant and postnatal māmā/parents and whānau who access Te Whatu Ora Waitaha maternity services will be advised about all available community breastfeeding/chestfeeding support including home visits, breastfeeding/chestfeeding clinics, and community support groups where they are available.

Contact details of all support services and groups, professional and voluntary, are available at [www.canbreastfeed.co.nz](http://www.canbreastfeed.co.nz). Maternity staff will ensure that all whānau have the "Whangai Ū: Mōhiohio āwhina ina matea nei e koe | Breastfeeding: Information and support where and when you need it" (Ref.[2409117](#)) resource prior to discharge, including those whose pēpi remains in hospital.

Provision of services will aim to meet the cultural needs of Māori and other ethnic groups, all genders, sexualities, abilities and beliefs.

All postnatal māmā/parents must be informed that their Lead Maternity Carer (LMC) will visit them within 24 hours of discharge (or as specifically arranged with the whānau by that midwife) up to 6 weeks of age.

Where a pēpi is discharged requiring an individualised feeding plan, the recommended follow-up plan must be communicated with māmā/parent, whānau and the LMC.

Audit of maternity facility practices will be performed – this is crucial to ensuring high standards of care for māmā/parents and pēpi. Methods will include staff interviews, interview of māmā/parents (with consent). All written and digital resources given to whānau will be reviewed to ensure both compliance with the Code of Marketing and contents have the most up to date information

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## NEONATAL

Nurses prior to discharge will discuss with māmā/parents and whānau of premature pēpi, the handout: [Breastfeeding Your Preterm Baby At Home](#) (Ref.2401372 (7848))

Pēpi who meet specific criteria may be eligible for the Nursing Outreach programme, early discharge, and discharge on nasogastric tube feeds (The DOTS – programme). Refer to the [Neonatal Handbook \(Ref.2402528\)](#)