

MEDIA RELEASE

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Local mums celebrate breastfeeding in ‘The Big Latch On’

The 12th annual Big Latch On event will see thousands of women simultaneously breastfeed their babies in public nationwide next Friday (5 August).

Nelson Marlborough Public Health Service health promoter, Felicity Spencer, says the Big Latch On supports breastfeeding women and celebrates breastfeeding as a health-giving, mother-baby bonding activity.

“The Big Latch On helps promote breastfeeding in the community. Creating supportive environments in the workplace and community spaces can help mothers and their babies continue to breastfeed” she says.

“We warmly welcome and encourage mums and bubs, with their whanau and supporters to participate.”

Kerry Hamilton, Plunket Community Services Leader, says The Big Latch On is a lot of fun.

“You meet other women and previous participants tell us they made new friends and liked supporting each other. ”

She says that some women can struggle with breastfeeding, especially without good support systems.

Regional events

Blenheim: 5 August from 10-11.30am at the Blenheim Bowling Club in Redwoodtown, hosted by the Marlborough Breastfeeding Network and the Women’s Health Action group. Morning tea will be provided and a lactation consultation will be on hand to offer advice. www.facebook.com/TheBigLatchOnBlenheimNz

Nelson: 5 August from 10-11.30am at the Victory Community Centre, Victory Square

Motueka: 5 August from 10-11.30am at St Thomas Church, 101 High St

Golden Bay: 5 August from 10-11.30am at the Wholemeal Café, 60 Commercial Street Takaka

For more information about these events contact Felicity Spencer: 03 928 4173 or felicity.spencer@nmdhb.govt.nz

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