

Hi I'm Marleena, mother of one baby boy.  
I grew up in Finland and travelled around the world until I found home in New Zealand with my American partner.

To me breastfeeding was the natural way to go but it was harder than I expected. I was fortunate to have some amazing friends and the Helensville Birthing Centre lactation consultants (even though I did home birth) to help me overcome the struggles.

I live in central Helensville and happy to help with anything related to breastfeeding, and especially how to deal with oversupply, handsy baby, home birth and being a vegetarian momma.

I'm best contacted via Facebook (**Helensville Breastfeeding Support**) or email [marleena.holmberg@gmail.com](mailto:marleena.holmberg@gmail.com)