

Other Important Information and Services

Immunisation

- Immunisation is the best protection from serious diseases for your child, your family and your community
- Vaccines are offered free of charge from your family doctor
- It is best to immunise on time, every time but it is never too late to start

For more information on immunisation visit www.immune.org.nz or call **0800 IMMUNE (0800 466 863)**

Safe Sleep

Make sure your baby has a safe sleep every sleep by following these key messages.

- **PLACE** baby in his or her own baby bed, face clear of bedding, in the same room as the caregiver
- **ELIMINATE** smoking in pregnancy and protect baby with a smoke-free whānau, whare and waka
- **POSITION** baby flat on his or her back to sleep, face up
- **ENCOURAGE** and support mum, so that baby is breastfed

For more information on Safe Sleep visit www.safesleepday.org.nz

Use Car Seats

All infants and children need to be kept safe in a car by using a safety standard approved and correctly installed child car seat and belt on every trip until they are 148cm tall.

Approved child restraints include:

- infant restraints for young babies (often called baby capsules)
- restraints for older babies, toddlers and preschool children (often called car seats)
- booster seats for preschool and school-aged children
- child safety harnesses (used with or without a booster seat) for preschool and school-aged children.

For more information on car seats visit www.safekids.org.nz

Free Dental Checks

- Baby teeth are important and need proper care
- Regular brushing should start as soon as the first tooth comes through the mouth at around 6–8 months of age
- Free dental services are provided by the Auckland Regional Dental Service (ARDS) in your community
- Your Well Child/Tamariki Ora provider will help you register

For more information about child dental services and to register visit www.ards.co.nz or call **0800 TALKTEETH (0800 825 583)**

HELP is just a phone call away

PlunketLine is a toll-free parent helpline and advice service available to all families, whānau and caregivers 24 hours a day, seven days a week. PlunketLine nurses provide advice on parenting, nutrition, child development and behaviour for children from birth to five years. Calls are free from cell phones.

PlunketLine 0800 933 922

Healthline nurses provide general assessment and advice on unwell children of any age and health for all the family. The nurse can provide you with information on health services throughout New Zealand. Both services are FREE and available 24 hours a day.



For more information on Well Child/ Tamariki Ora Services visit:

www.wellchild.org.nz
www.health.govt.nz



WELL CHILD TAMARIKI ORA



Services are available for you and your child in your local area.

FREE!





Different health professionals will see you and your child at different times.

Well Child/ Tamariki Ora Service

is a FREE service that is offered to ALL children living in New Zealand from birth to five years (regardless of their visa status). Well Child services can support you to protect and improve your child's health, so he or she can grow and develop to their full potential.

How can the service help you and your child?

These free wellness checks are available when you join the Well Child/Tamariki Ora programme

• Health and development assessments

Providing reassurance that your child is developing normally, through growth and development assessments, and informing you about other services to keep your child healthy

• Care and support for families and whānau

Supporting and helping you and your family/whānau to identify your needs as you care for your child, and linking you with community and other services

• Health education

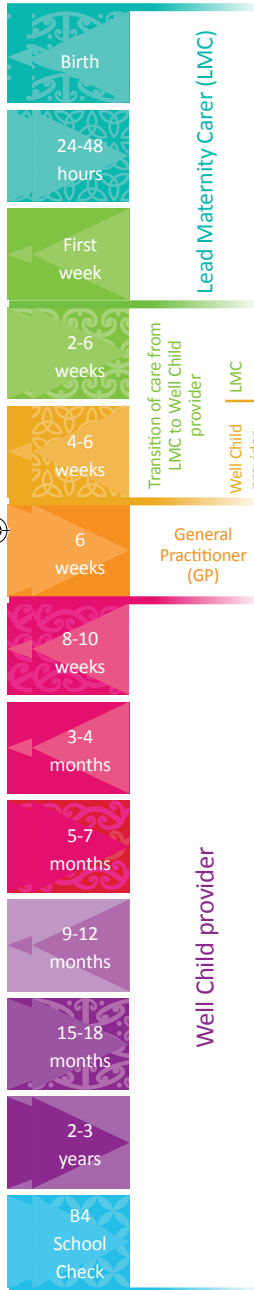
Supporting you to gain the knowledge and skills to respond to your child's needs at the different stages of their development

Who provides Well Child/ Tamariki Ora services?

Registering with a Lead Maternity Carer (LMC) e.g. midwife, obstetrician or your General Practitioner (GP), is your first step into the Well Child/Tamariki Ora service. Your LMC will then speak to you about your choices of other Well Child/Tamariki Ora providers available in your community to support you and your child over the next five years.

You and your child have a choice of who provides this service.

There is more than one provider in your community who can provide this service. You have a choice based on your needs. You can see the full list of providers and find out more information about the Well Child/Tamariki Ora Services at www.wellchild.org.nz or speak to your LMC.



Auckland

All providers deliver the same core service including:

Child Growth & Development checks • Health & Safety Information • Nutrition & Feeding advice • Parent & Family Wellbeing support • Home visits

Plunket - Auckland

- Provides caring, professional well child and family and whānau service.
- Works together with families and communities to ensure the best start for every child.
- Visits can be at a variety of locations to suit the family, including in your home.
- Provides a culturally safe range of services, and where staff do not speak the same language as the family, an interpreting service is available.
- Connecting and enabling families in their communities through advocacy, education, support and play.

100 Hugo Johnston Drive,
Penrose, Auckland

- P** 09 820 6532
- F** 09 820 6530
- @** auckland.central@plunket.org.nz
- W** www.plunket.org.nz

Ngati Whatua Orakei Whai Maia Ltd

- Provide a culturally safe and professional Well Child/Tamariki Ora service to all whanau/family
- Visits are provided at your home or locations to suit the needs of your whanau/family
- Working with mama and whanau/families to connect with their community and local services
- Offer FREE Kaupapa Maori antenatal and parenting programmes for pregnant mama and their whānau/family

Whare Ora - 230 Kupe Street,
Orakei Auckland 1071

- P** 0508 NW ORAKEI (0508 6967 2534)
- F** 09 521 0738
- @** tamarikiora@orakeihealth.org.nz

Tongan Health Society (AH+)

- Pacific Fanau Well Child Services that aim to improve the health of all Pacific Island children.
- Home visiting to support, assist and assess the development of children under 5 years and mum's progress.
- Holistic services available: Antenatal & Midwifery, Social Services (including whānau ora initiatives, advocating for WINZ & Housing services), Mental Health, Ako Langimalie Preschool & Youth services, Parish nurse and GP services.

THS Well Child Services,
29 Hill Street, Onehunga

- P** 09 636 3629
- F** 09 636 3229
- @** elenoh@tonganhealth.com

Piritahi Hau Ora

- Provides whānau support, growth and development advice, information, education and hearing and vision screening
- Health checks and health promotion are carried out at home when required or at crèches or preschool centres
- Provided on Waiheke Island by Kaupapa Maori Health Nurses as part of a multidisciplinary team to support whanau ora/family wellness'

Tahatai Rd, Blackpool, Waiheke - 1081

- P** 09 372 0022
- F** 09 372- 8814
- @** piritahihauora@xtra.co.nz

Waiheke Health Trust

- This service is provided on Waiheke Island
- Includes growth and developmental health checks, health assessments, information, support networks and education for both child and parents

72 Ostend Road, Waiheke - 1081

- P** 09 372 6837
- F** 09 372 6219
- @** elle.sim@waihekehealthtrust.nz

Starship Community

- Provides home visiting for infants, young children and families with additional support needs
- The service is provided by Public Health Nurses, Māori and Pacific Community Health Workers and Social Workers with Interpreters when needed
- Families are supported to link with health and social services

Auckland District Health Board
Private Bag 92189, Auckland

- P** 09 639 0215
- F** 09 6310781
- @** StarshipCommunity@adhb.govt.nz

Health Star Pacific

- Pacific Fanau Well Child Services which aim to make a positive difference in the Health of Pacific children
- Provide free Well Child Checks to pacific children 0 – 5 years of age in two locations
- Support families with breastfeeding, safe sleep, smoking cessation, physical activity, and nutrition promotion

136 Queens Road, Panmure

- P** 09 528 9800
- F** 09 5289801
- W** www.healthstarpacific.co.nz