



Tēnā koutou katoa | Kia orana
 Talofa lava | Malo e lelei | Fakaalofa lahi atu
 Taloha Ni | Ni Sa Bula Vinaka
 欢迎 | こんにちは | ابحرم | वेलकम
 Greetings and Welcome to
 Women's Health



Mokopuna Ora
 Healthy Pregnancy and Baby

pepi.adhb.govt.nz

MedPhoto&Graphics Auckland District Health Board | JUN 2018 | CC6776

More support

In addition to the pregnancy and parenting education classes provided by ADHB, a range of private classes and programmes are available in the community, where fees may apply.

Birthcare

Birthcare offers classes in Parnell – nine hour courses over three weeks, or a six hour course on a Saturday. Refresher and breastfeeding classes are also available, along with classes for grandparents. To register, go to: birthcare.co.nz/classes.php
 Phone: (09) 374 0800



birthcare®
 ...for the very best start in life

MAMA Maternity Information Services

Classes are held in Sandringham. Multiple birth classes are also available in Sandringham.
mamamaternity.co.nz
 Phone: (09) 815 8108



MAMA
 MATERNITY
 INFORMATION SERVICES

Parents Centre

Classes are held across Auckland. Visit: parentscentre.org.nz to find your nearest centre.



Reminder!

Register for ADHB's pregnancy and parenting education classes at:
pepi.adhb.govt.nz



Pregnancy and Parenting Education for you and your whānau



Welcome Haere Mai | Respect Manaaki | Together Tūhono | Aim High Angamua

In the community



Pregnancy and Parenting Education Classes

Auckland District Health Board (ADHB) warmly invites you to register for our fully funded pregnancy and parenting education classes. Classes aim to meet the needs of all first time parents, including young/teenage parents, Māori, Pasifika and Asian parents, and parents for whom English is their second language.

Classes are delivered by our team of highly experienced childbirth educators and community partners. All classes promote physiological (natural) birth which empowers women to trust in their natural birthing ability and to make informed choices about their pregnancy, place of birth and transition to parenting.

The classes cover:

- Changes in pregnancy
- Healthy pregnancy
- Pregnancy care
- Labour and birth
- Postnatal care
- Breastfeeding and safe sleeping
- Coping with a crying baby

Classes are available in Panmure, Auckland city centre, Parnell (Birthcare), Mt Roskill, Blockhouse Bay and Waiheke Island.

Attending classes when you are about 30 weeks into your pregnancy is ideal and we accept registrations from 14 weeks of pregnancy. We cannot guarantee a place in another class if you do not attend as registered.

Find out more information and register online at:

pepi.adhb.govt.nz

Kaupapa Māori Childbirth Education Classes



NGĀTI WHĀTUA ŌRĀKEI
WHAI MAIA LIMITED

Join the team at **Ngāti Whātua Ōrakei**

for a **kaupapa Māori** pregnancy and parenting education experience. Enjoy current evidence based pregnancy and parenting education alongside exploring Te Ao Māori in relation to traditional Māori birthing. Make your very own ipu whenua, learn about harakeke and its unique properties, and prepare your own muka to tie off the pito.

Register online at: pepi.adhb.govt.nz

or contact the **Tamariki Ora Team** at Ngāti Whātua Ōrakei.

Phone: **0508 6967 2534** or **021 072 4162**

Email: tamarikiorangatiwhatua.org.nz

Visit: ngatiwhatuaorakei.com

Pasifika Childbirth Education Classes



"Promoting Pacific People's Health"

Are you looking for a pregnancy and parenting education class with a **Pasifika** flavour?

Health Star Pacific in Panmure use Tapuaki, a Pasifika pregnancy and parenting programme that provides information to promote a healthy and safe pregnancy.

Access the Tapuaki website and free app where information can be read in many Pasifika languages – Samoan, Tongan, Cook Island, Niuean, Tuvaluan, Fijian, Kiribati, or Tokelauan. Tapuaki also provides links to a range of services and resources.

Visit tapuaki.org.nz and download the **Tapuaki app** onto your phone to access pregnancy and parenting education anywhere, anytime.

To register, go to: pepi.adhb.govt.nz

or contact **Health Star Pacific**.

Phone: **09 527 2300** and ask for Moe or Vai.



Learn online or via your smartphone with Mokopuna Ora

Mokopuna Ora – Healthy Pregnancy and Baby, is a website with a free app for parents in Aotearoa. Here you will find trusted evidence-based pregnancy and parenting information. Find information on how to locate a midwife, antenatal resources and other useful tips on pregnancy and parenting.

Visit mokopunaora.nz for information and to download the **Mokopuna Ora app** onto your phone to access pregnancy and parenting information anywhere, anytime.

Looking for a midwife?

As soon as you know you are pregnant you need to choose a **lead maternity carer** (LMC) to provide your care. LMCs are registered midwives, private obstetricians or family doctors. If you are a New Zealand citizen or permanent resident maternity care is free, unless you choose a private obstetrician or private sonographer.

To find a midwife in your region, go to: findyourmidwife.co.nz

Where to birth?

You can choose where you have your baby. Your options include at home, a primary birthing unit (for ADHB residents that would be Birthcare), or in hospital. Be sure to discuss your options with your midwife. Women who birth at home or in a primary birthing unit are more likely to have a normal birth than women who give birth in hospital¹. Unless you experience complications during your pregnancy, birthing at home or a primary birthing unit is safe and enables access to the support you need.

¹Birthplace in England Collaborative Group (2011). Perinatal and maternal outcomes by planned place of birth for healthy women with low risk pregnancies: the Birthplace in England national prospective cohort study. *BMJ*, 343(7840), d7400.

Bailey, D.I. (2017). Birth outcomes for women using free-standing birth centers in South Auckland, New Zealand. *Birth* 44(3), 246-51