

The logo for Te Whatu Ora Health New Zealand, featuring the text 'Te Whatu Ora' in a bold, white, sans-serif font.

**Te Whatu Ora**

Health New Zealand

# Your introduction to Well Child Tamariki Ora



## Other Important Services involved in baby's care

We want to make sure that providers connect with you and pēpi. Your basic details will be shared with the services below and your chosen Well Child provider.

### GP

Your GP provides free health care for children until 14 years of age. When you are discharged from hospital, your GP will receive a notice with your birth details. Contact your GP to enroll baby before the 6-week check.

### Oral health

Dental services are free for children until 18 years of age. Brushing should start as soon as the first tooth comes through at around five months of age. For information about child dental services call 0800 825 583.

### Newborn hearing screening

Your pēpi will be offered a newborn hearing screening test to check if they can hear correctly. If your pēpi has hearing loss, they can get expert help which is important for language, learning and social development.

### Aotearoa Immunisation Register

The Aotearoa Immunisation Register records childhood immunisations. Vaccines are offered free of charge from your family doctor. For more information visit [www.immune.org.nz](http://www.immune.org.nz) or call 0800 466 863.

### National Child Health Information Platform

NCHIP is a system that records basic information about you and your pēpi such as name, date of birth, ethnicity, National Health Index Number, and contact details. It also records the date your child's health checks are completed.

### Department of Internal Affairs

When baby is born, they must be registered within 2 months of birth so you can order a birth certificate and apply for things such as their IRD number. We send Department of Internal Affairs your name, email, address, and phone number.



# Well Child Tamariki Ora

To ensure your baby has the all the care they need, you will need to choose them a Well Child provider.

Well Child 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 they can grow and develop to their full potential.

You will be asked after you give birth who you want your Well Child provider to be. If you don't make the decision in 5 days, you will be automatically referred to Plunket. You can change your provider after the 5 days if you would like.

## How can Well Child help you and your child?

Well Child providers deliver core services, including:

- Child growth and development checks to check that your child is developing normally
- Health and safety information to help you gain knowledge regarding your child's needs
- Nutrition and feeding advice
- Family wellbeing support to identify your needs and link you with services
- Home visits

These free wellness checks are available when you join the Well Child programme.

## Providers

Registering with a Lead Maternity Carer (midwife, obstetrician or your GP), is your first step into the Well Child service. Your LMC will speak to you about your choices of other Well Child 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 can see the full list of providers and find out more information about the Well Child Services at [www.WellChild.org.nz](http://www.WellChild.org.nz) or speak to your LMC.

# Providers in Auckland

For more information on Well Child services visit: [www.WellChild.govt.nz](http://www.WellChild.govt.nz)

## Alliance Health Plus

Alliance Health Plus manages local GP clinics who provide Tamariki Ora Care in your area.

Visit [www.healthpoint.co.nz/alliance-health](http://www.healthpoint.co.nz/alliance-health) for your local center and contacts.

## Plunket

Visits can be at a variety of locations to suit the family.

Visit [www.plunket.org.nz](http://www.plunket.org.nz) for your local center and contacts

P 0800 184 803

@ [northernregionadmin@plunket.org.nz](mailto:northernregionadmin@plunket.org.nz)

## Ngāti Whātua Ōrākei

Kaupapa Māori antenatal and parenting programmes at locations to suit your needs.

230 Kupe Street, Orakei

P 0800 934 688

@ [tamarikiora@nwo.iwi.nz](mailto:tamarikiora@nwo.iwi.nz)

## Piritahi Hau Ora

Kaupapa Māori team to support whānau. Health checks are carried out at home, crèches or preschools when required.

53 Tahatai Rd, Waiheke

P 09 372 0022

@ [reception@piritahi.co.nz](mailto:reception@piritahi.co.nz)

## Starship Community

Provides home visiting for whānau with additional needs. Provided by Public Health Nurses, Māori and Pacific Community Health Workers and Social Workers.

P 09 639 0215

@ [StarshipCommunity@adhb.govt.nz](mailto:StarshipCommunity@adhb.govt.nz)

## Tongan Health Society

Pacific Fanau Services with home visits.

Visit [www.tonganhealth.com/clinics](http://www.tonganhealth.com/clinics) for your local clinic and contacts

@ [thsreferrals@tonganhealth.com](mailto:thsreferrals@tonganhealth.com)

## Papakura Marae

Provides Tamariki Ora and Parenting Programmes for families with complex needs.

29 Hunua Road, Papakura

P 09 297 2037

@ [whānauss@papakuramarae.co.nz](mailto:whānauss@papakuramarae.co.nz)

## Raukura Hauora O Tainui

For whānau in South Auckland.

49 Druces Road, Manukau

P 09 263 840

@ [enquiries@rauakura.com](mailto:enquiries@rauakura.com)

## Te Whānau O Waipareira Trust

For whānau in Waitākere and Whau.

6/8 Pioneer Street, Henderson

P 0800 924 942

@ [referrals@waiwhānau.com](mailto:referrals@waiwhānau.com)

## Waiheke Health Trust

5 Belguim Street, Waiheke

P 09 372 8893

@ [info@waihekehealthtrust.nz](mailto:info@waihekehealthtrust.nz)

## Te Puna Hauora

58a Akoranga Drive, Northcote

166 Birkdale Road, Birkdale

P 09 489 3049

@ [info@tepuna.org.nz](mailto:info@tepuna.org.nz)

## Te Hā Oranga

Visit [www.tehaoranga.co.nz/our-services](http://www.tehaoranga.co.nz/our-services) for your local clinic and contacts

P 0800 698 342

@ [referrals@Tehaoranga.co.nz](mailto:referrals@Tehaoranga.co.nz)

## Tāhuna Marae Waiuku

38 Tāhuna Pa Road, Waiuku

P 09 235 0077

@ [adimin@healththroughthamarae.co.nz](mailto:adimin@healththroughthamarae.co.nz)

# Other Important Information and Services

## 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](http://www.safesleepday.org.nz)

## 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](http://www.safekids.org.nz)

## Plunket Line

Plunket Line is a toll-free parent helpline and advice service available to all families, whānau and caregivers 24 hours a day, seven days a week. Calls are free from cell phones.

Plunket Line nurses provide advice on parenting, nutrition, child development and behavior for children from birth to five years.

For more information, contact Plunket Line 0800 933 922



## Healthline

Healthline nurses provide general assessment and advice on unwell people of any age. The nurse can provide you with information on health services throughout New Zealand.

Healthline services are FREE and available 24 hours a day on 0800 611 116

## B4 school check

B4 School Check is a nationwide programme offering a free health and development check for 4 to 5 year olds. It aims to identify and address health, behavioral, social or developmental concerns that could affect the child's ability at school.

For information about B4 School Checks, contact your local provider.

## Consent

If you do not provide a nominated Well Child provider, or register with one within 5 days of giving birth, you will be referred to Plunket as a default.

You can change your Well Child provider after the 5 days if you would like. Your Lead Maternity Carer can help with this.

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