General Information

All tamariki/children should have a doctor/GP.

Your local doctor/GP team provide advice, support and treatment for your tamaiti/child's wellbeing.

Referral to a Well Child/Tamariki Ora provider is through your Lead Maternity Carer/Midwife or self referral.

National Poisons Centre (0800 Poison) – 0800 764 766

Healthline – 0800 611 116
(and ask to speak to a Well Child/Tamariki Ora Nurse)

Plunket Line – 0800 933 922 (24 hours, 7 days a week)

Quitline – 0800 778 778

Information on child & youth health – www.kidshealth.org.nz

Well Child/Tamariki Ora (0508 Tamariki) – 0508 826 274
www.wellchild.org.nz. WAIROA - Phone: (06) 838 6835

Immunisation information – www.immune.org.nz

Ministry of Health – www.health.govt.nz

Hawke's Bay District Health Board – www.hawkesbay.health.nz

Health Hawke's Bay – www.healthhb.co.nz

www.healthnavigator.org.nz/health-topics/children

Baby Cafē - Choices Phone (06) 878 7616

It is YOUR CHOICE

All Well Child/Tamariki Ora services in Hawke's Bay and Wairoa are provided by these groups

TAMARIKI ORA

Tamariki Ora provides Well Child health services for your tamariki aged 0-5 years in Napier, Hastings and Central Hawke's Bay including B4School check and immunisations. Lactation consultant and La Leche League peer counsellors in team provide expert breasfeeding support.

Our whānau ora approach ensures that together we provide the best care for you and your tamariki.

Contact details:
Freephone 0508 TAMARIKI (0508 826 274) 8.30am - 5pm
Office hours 8.30am - 5pm
www.ttoh.iwi.nz
Te Taiwhenua o Heretaunga
Heretaunga Park, 821 Orchard Road PO Box 718, Hastings

WAIROA - Kahungunu Executive ki te Wairoa Charitable Trust

Provides free and confidential Tamariki Ora services in Wairoa to whānau and tamariki aged 0-5.

Contact details:
WAIROA - Kahungunu Executive ki te Wairoa Charitable Trust
Phone: (06) 838 6835. Fax: (06) 838 7290
PO Box 79, WAIROA

PLUNKET

Plunket are New Zealand's largest provider of services for the development, health and wellbeing of children under 5. Plunket works together with families and communities, to ensure the best start for every child. Whānau āwhina - caring for families.

We provide free services for all children and families of Hawke's Bay including Wairoa regardless of ethnicity or location. Services are both home and clinic based.

Contact details:
Phone (06) 878 7126. Fax (06) 843 6262
Email hawkes.bay@plunket.org.nz
www.plunket.org.nz
PO Box 3273, Mail Centre, Napier 4142

It's up to you...

WELL CHILD/ TAMARIKI ORA

for you and your tamariki/children from birth to five years

Tamariki Ora
Ola Maloloina I Tamaiti
Sivi Mo'ui Lelei
Well Child

Ahakoa he iti he Pounamu
E ui ina ou laitiiti ae o au o le oloa taua
Neongo'ete si'isi' i ka koe koloa mahu'inga au
Although I am small I am a treasure

Well Child Tamariki Ora

HAWKE'S BAY District Health Board Whakawateatia

Why is Well Child/ Tamariki Ora care important?

To enable you to:

- become confident/supported parents/caregivers
- know how to care for your pēpi/baby and growing tamaiti/child
- recognise any physical or developmental concerns and provide support
- provide support for breastfeeding and healthy eating for whānau/families
- learn about positive parenting
- understand how tamariki/children think and behave
- protect your tamariki/children from ill health
- become a part of your community activities for tamariki/children and parents/caregivers

What will happen at my visit?

- Encouragement and support of bonding between parent/caregiver and pēpi/baby.
- Your pēpi/baby will be measured, weighed and physically checked.
- Breastfeeding and healthy food advice and support.
- Feeding, sleeping and playing discussed.
- Immunisation information shared.
- Developmental progress is observed and discussed.
- Hearing and vision screening.
- Support positive parenting and understanding child behaviour.
- Advice and support with whānau/family wellbeing.
- Promotion of safety at home and on the road, including car seats.
- Assistance to link in with early childhood education, parent education and community support.
- Supporting smokefree.
- A time to talk about any concerns for you or your pēpi/baby.

REMEMBER to have available your child's Wellchild/Tamariki Ora Health Book

Speak with whānau /family about anything you'd like to know for pēpi/baby

Write down any questions you or your whānau / family would like to ask

Well Child/ Tamariki Ora visits

Each visit will offer advice on sleeping, crying, feeding, safety and whānau/family wellbeing.

Offered at:

2 – 6 Weeks

6 Weeks

8 – 10 Weeks

3 – 4 Months

5 – 7 Months

9 – 12 Months

15 – 18 Months

2 – 3 Years

4 – 5 Years B4School Check