



Tena 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  
National Women's Health

MedPhoto&Graphics Auckland District Health Board | Design Department | JUN 2017

## More support

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

### Birthcare

Classes are held at Birthcare in Parnell. Nine hour courses are held over three week nights, or a six hour course is held on a Saturday. Refresher and breastfeeding classes are also available, along with classes for grandparents.



[www.birthcare.co.nz](http://www.birthcare.co.nz)

(09) 374 0800

### MAMA Maternity information services

Classes are held in Sandringham, Ellerslie, Titirangi, and Kumeu. Multiple birth classes are also available in Sandringham.



[www.mamamaternity.co.nz](http://www.mamamaternity.co.nz)

(09) 815 8108



### Parents Centre

Classes are held in Auckland East/Central/West, East and Bays, Papakura and Manukau.

Visit [www.parentscentre.org.nz](http://www.parentscentre.org.nz) to find your nearest centre.

Find more information on the maternity pages of our website at:

[www.nationalwomenshealth.adhb.govt.nz](http://www.nationalwomenshealth.adhb.govt.nz)

Or follow us on **Facebook** – search:  
'Auckland Pregnancy and Early Family Care'



## Pregnancy and Parenting Education for you and your whānau



Mokopuna Ora  
Healthy Pregnancy and Baby

## In the community

### Pregnancy and Parenting Education Classes

Auckland DHB provides FREE pregnancy and parenting education classes for first time parents living in the Auckland DHB region.

All classes are natural birth classes and are for those women who are healthy and have a low risk of complications when giving birth. A natural birth is one where no medical intervention is planned.

Courses can be completed in two three-hour classes or one six-hour class. Classes are available in Panmure, Parnell (Birthcare), Mt Roskill, Blockhouse Bay and Auckland Central Business District (CBD). It is important classes are attended as booked. We cannot guarantee a place in other classes if you fail to attend a class.

#### The classes cover:

- Changes in pregnancy
- Healthy pregnancy
- Pregnancy care
- Labour and birth
- Postnatal care
- Breastfeeding and safe sleeping

Kaupapa Maori childbirth classes are available.

Bookings are accepted from 14 weeks into pregnancy. Ideally, you will attend classes when you are about 30 weeks pregnant.

Find out more information or enrol online at [pepi.adhb.govt.nz](http://pepi.adhb.govt.nz).

### Kaupapa Māori Childbirth Education Classes

Classes are held in Glen Innes.  
Contact the Tamariki Ora Team at  
Ngāti Whatua Ōrākei to register.

[www.orakeihealth.org.nz](http://www.orakeihealth.org.nz)

0508 NWORAKEI (0508 6967 2534) or 021 847 374

Email: [tamarikiora@orakeihealth.org.nz](mailto:tamarikiora@orakeihealth.org.nz)



### Learn online or via your smartphone with Mokopuna Ora

Mokopuna Ora – Healthy Pregnancy and Baby, is a website with a free app for Aotearoa mums and dads. Here, you will find trusted evidence-based pregnancy and parenting information that focuses on a healthy pregnancy to give your pepe/baby the best start in life. Find information on how to find a midwife, antenatal curriculum resources and other useful tips on pregnancy and parenting.

Visit [www.mokopunaora.nz](http://www.mokopunaora.nz) for information and to download the Mokopuna Ora App onto your phone and to access pregnancy and parenting information anywhere, anytime.

### PEPE - Parenting Education Programme

PEPE is a Plunket-developed national programme which offers a series of five FREE courses aimed at supporting parents through the different stages of their child's early development. Look online for more information or contact Plunket to find a course in your area.

[www.plunket.org.nz](http://www.plunket.org.nz)

(0800) 933 922



### Tapuaki

Tapuaki is a Pacific pregnancy and parenting website and free app that provides pregnancy and parenting information to help you and baby stay healthy and safe during pregnancy.

**Information can be read in several Pacific languages** - Samoan, Tongan, Cook Island, Niuean, Tuvaluan, Fijian, Kiribati, or Tokelauan.

Tapuaki also provides links to a range of services and resources.

Visit [www.tapuaki.org.nz](http://www.tapuaki.org.nz) or download the Tapuaki app on your phone to access pregnancy and parenting information anywhere, anytime.