



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 | ارحم | वेलकम
Greetings and Welcome to
National Women's Health

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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 3 week nights, or a six hour course is held on a Saturday. Refresher and breastfeeding classes are also available.

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

(09) 815 8108



Parents Centre

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

Visit www.parentscentre.org.nz to find your nearest centre.



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

<http://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



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.

Courses can be completed in two 3-hour classes or one 6-hour class. Classes are available in Panmure, Parnell (Birth Care), Mt Roskill and Blockhouse Bay. Mandarin classes are also available.

The classes cover:

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

A Māori module and teenage pregnancy module are also available.

Bookings are accepted from 14 weeks into pregnancy and, ideally, you will attend classes when you are about 30 weeks into your pregnancy.

Find out more information or enrol online at www.healthpoint.co.nz and search 'Auckland DHB antenatal classes – pregnancy and parenting'.



Kaupapa Māori Childbirth Education Classes

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

www.orakeihealth.com

(09) 528 1700 or 021 847 374

Email: tamarikiora@orakeihealth.org.nz



Thrive Teen Parent Support Trust

Hapu Ora - Pregnancy and Parenting Education for Young Parents.

Call, email, text, or register online to secure your spot:

www.thrive.org.nz

(09) 551 4367 | Text: 022 183 1744

Email: admin@thrive.org.nz



Learn online or via your smartphone Mokopuna Ora

Mokopuna Ora – Healthy Pregnancy and Baby, is a website and free App for Aotearoa mums and dads. Here, they 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 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

(0800) 933 922



Tapuaki

Tapuaki is a Pacific pregnancy and parenting website and free app providing 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 or download the Tapuaki app on your phone to access pregnancy and parenting information anywhere, anytime.