



It's your choice

Here on the Coast, we have three Well Child/Tamariki Ora providers to choose from:



Plunket

Provides home and clinic based Well Child & Community Services for families/whanau. Plunket Nurses, Community Karitane (Health Workers) and volunteers support families within your community.

PO Box 2248, Stoke 7041

Phone 03 768 7293 or **PlunketLine** 0800 933 922 (24/7)

Web west.coast@plunket.org.nz | www.plunket.org.nz



Poutini Waiora

Provides home and clinic based Well Child & Community Services for families/whanau throughout the Te Tai O Poutini ROhe. Visits can take place within your home, Kohanga reo/Preschool, marae or clinics. Poutini Waiora also provides hauora and social service support, education and advice for all whanau and families. Services are provided by registered nurses and community health workers. Offices based in Hokitika, Greymouth and Westland, but we are primarily a mobile service. Nau Mai, Haere Mai!

PO Box 271, Hokitika

Phone 03 755 6572 or 0800 333 170

Web enquiries@poutiniwaiora.co.nz | www.poutiniwaiora.co.nz



West Coast District Health Board
Te Poari Hauora a Rohe o Tai Poutini

West Coast District Health Board

District Health Board, Public Health / Rural Nurse Specialists support families and whanau in the provision of home or clinic based urban and rural, Well Child Services.

It is the aim of the DHB to ensure Well Child services are readily available throughout the West Coast that best promote wellness of families. This may be a shared care arrangement across the DHB, Plunket and Poutini Waiora to ensure isolation and hard to reach areas are able to receive services.

PO Box 378, Greymouth

Phone Community Services Department 03 769 7799

Web wellchild@westcoastdhb.health.nz



Newborn Services

Your baby is entitled to free health services. You can fill out one form that provides information to connect your child with the five services below:

General Practice

General Practices will hold two types of information about your baby:

- Non-clinical information
Details such as baby's name and address. This enables the practice to contact you about your baby.
- Clinical information
Information you discuss with the doctor or nurse. This is not shared with any other agency without your consent. The primary health organisation will keep a copy of the form as a contact point for these services.

Well Child/ Tamariki Ora Provider

This is a free service that will support you to ensure your child grows and develops to their full potential.

This service is offered to all New Zealand children from birth to four years. The enrolment information you have provided notifies the Well Child provider that your baby has arrived.

Your Lead Maternity Carer (LMC) and Well Child provider will work together to transfer your child's care at four to six weeks of age.

National Immunisation Register (NIR)

NIR is a computerised information system that records immunisations of New Zealand children.

NIR allows health professionals to quickly find out what vaccines your child has been given and ensure the right vaccine is given at the right time. You will receive a letter from NIR asking you to confirm your child's details and that you are happy for their information to be held there. If immunisations become overdue you will be contacted by the Outreach Immunisation team.

Community Oral Health Service

Your baby's first teeth will begin to appear at five to six months of age. Dental education, preventative and basic treatment services are provided free of charge to preschool, primary school and adolescent children up until the age of 18 by the Community Oral Health service.

Community Breastfeeding Support Service

Free Lactation Consultancy Services. International Board Certified Lactation Consultants (IBCLC) provide breastfeeding information and support to women. You can refer yourself to this service by phoning 03 789 6857 or 0237 288 0269, or a referral can be made on your behalf by a health or social service worker. Appointments can take place in the home or in a clinic.