

FREE Well Child Tamariki Ora

Community services in Counties Manukau

Well Child is a **FREE** health service offered to tamariki from birth to five years. Choose one of these Well Child services to support your tamariki and whaanau.



South Seas Healthcare

GP clinic, pregnancy and parenting education and other social support. Home visits for infants aged 4 weeks to 3 years in their own preferred Pacific language.

☎ 09 281 6553

✉ WellChild@southseas.org.nz

🌐 Southseas.org.nz

Mokopuna Ora - Raukura Hauora O Tainui

B4 School Checks and other social support. Nurses can visit at home, Kohanga Reo, Marae, Early Childhood Education Centre and community venues.

☎ 0800 472 858

✉ Mokopunaora@raukura.com

🌐 Raukura.com

Papakura Marae Tamariki Ora

Well Child assessments, B4 School Checks, childhood immunisations, oral health checks, and other social services.

☎ 0800 TAMARIKI

✉ Tamarikiora@papakuramarae.co.nz

🌐 Papakuramarae.co.nz

Plunket

Well Child Health Checks, B4 School Checks, parenting support courses, breastfeeding support and children playgroups. Services can be provided at home, at a GP, Kohanga Reo, Early Childhood Education Centre and virtually by Zoom or phone.

☎ 09 260 4111

✉ Counties.Manukau@plunket.org.nz

🌐 Plunket.org.nz

*Contact one of these services to
make an appointment or call your
family doctor for more information.*