

## About us

Mātua Tūhonongā is a specialist infant mental Health service for families with children under the age of four.

We are a team of infant mental health clinicians with specialist training in occupational therapy, child psychotherapy, psychology, psychiatry and social work.

We serve all families living in the Waitematā District Health Board area. Our service is free of charge for people entitled to free health care in New Zealand.



## Contact details

### North

Marinoto Building  
124a Shakespeare Road  
Takapuna  
Auckland 0620

### West

Child Health Unit  
Waitakere Hospital  
55-75 Lincoln Road  
Auckland 0610

Working hours: Monday to Friday  
8.30am – 4.30pm  
Phone: (09) 486 8983

**Te Whatu Ora**  
Health New Zealand  
Waitematā

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**Mātua  
Tūhonongā**  
**Infant Mental  
Health**

Mental health for under fours

## Making a referral

Referrals to this service can be made by any professional including general practitioners (GPs), Ministry of Education, early childhood teachers, paediatricians, child development staff, Oranga Tamariki and adult mental health services.

Families may also contact our service to make a referral.

We see infants and toddlers with difficulties that are significant and outside what would be expected at their age and stage of development.

These difficulties might be with anxiety, feeding, sleeping, and/or behaviour.

Parents and caregivers may be concerned about the emotional wellbeing and social development of their children.

There may be a history of trauma that has significantly impacted on a child's development.

Referrals can also be made to our service where a child's primary caregiver is experiencing significant difficulty in their relationship with their child. This may be due to the parents/caregiver's own past and present experiences.



## What to expect

Our first meeting will be at the clinic or in the family's home with one or two of our clinicians. We will discuss the concerns that prompted the referral and what our service can offer. We will take some time to fully assess the difficulties that have brought the family to our service if it is agreed between the family and clinician to continue. The family will then have the support of the team to decide on the best way forward and what intervention may be the most appropriate and helpful. Interventions will always include the parents/caregivers.



## Secure Beginnings

Secure Beginnings is a 14-20 week programme designed to support a parent to recognise the strengths and struggles in their attachment relationship with their infants and preschool age children.

Secure Beginnings is based on the Circle of Security Programme, which offers parents a user friendly diagram to help them recognise and respond to their children's emotional experiences.

This programme is offered to parents either individually, or as part of a group.

Secure Beginnings is a joint service between Mātua Tūhonongā Infant Mental Health Service and Dayspring Trust.

