

Tēnā 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 | اب حرم | वेलकम
Greetings and Welcome to
Women's Health

pepi.adhb.govt.nz



More support

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

Birthcare

Birthcare offers classes at Birthcare, Parnell – nine hour courses over three weeks, or a six hour course on Saturdays. Refresher and breastfeeding classes are also available. For those booked to birth at Birthcare, a free 2 hour 'Birthing at Birthcare' class is also offered.

To find out more or to register,

Visit: birthcare.co.nz/classes.php

Phone: (09) 374 0800



MAMA Maternity Information Services

Classes are held in Sandringham.

Visit: mamamaternity.co.nz

Phone: (09) 815 5024



Parents Centre

Classes are held across Auckland.

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



Reminder!

Register for ADHB's pregnancy and parenting education classes at:
pepi.adhb.govt.nz



Pregnancy and Parenting Education for you and your whānau



Haere Mai Welcome | Manaaki Respect
Tūhono Together | Angamua Aim High

In the community



Pregnancy and Parenting Education Classes

The best time to get all the information you need to know about having a healthy baby and becoming a whānau/family is before baby is born!

Auckland District Health Board (ADHB) offers fully funded pregnancy and parenting classes to meet the needs of all first time parents, including young/teenage parents, Māori, Pasifika and Asian parents, and parents for whom English is a second language.

We offer:

- **Early pregnancy classes** for those 12-15 weeks pregnant
- **Advanced pregnancy classes** for those, ideally, between 28 and 30 weeks pregnant – register for a class from 14 weeks pregnant
- **Access to ongoing learning** including Zoom chats covering a wide range of topics hosted by our childbirth education, midwifery and lactation consultant team

Classes are delivered by our team of highly experienced childbirth educators and community partners. **All classes promote physiological (natural) birth** which empowers women to trust in their natural birthing ability and to make informed choices about their pregnancy, place of birth and transition to parenting.

Community classes are available across the Auckland DHB geographical area. We provide Zoom and face to face classes. Registration for the advanced pregnancy class is accepted from 14 weeks into pregnancy.

Find out more information and register online at:

pepi.adhb.govt.nz

Topics covered include:

- **The maternity system in New Zealand** – your rights and responsibilities, your Lead Maternity Carer (LMC) and other health professionals, your choice of where to give birth, support networks in your community
- **Healthy pregnancy** – healthy eating, exercise, and the effects of smoking, alcohol and drug use
- **Pregnancy care** – antenatal checks, screening, planning for birth, complications of pregnancy
- **Labour and birth** – preparing for your labour and birth, labour signs and stages, why home is the best place for early labour, how your partner and support people can help, managing pain, and those first hours with your baby
- **Postnatal care** – care for mother and baby, family support, body changes
- **Breastfeeding and safe sleeping** – infant nutrition and safe sleep practices
- **Early Parenting** – caring for your newborn baby, growth and development, coping with a crying baby, community support, immunisation

Hapū Wānanga - Māori Childbirth Education Classes

Join the team at Ngāti Whātua Ōrākei for a kaupapa Māori pregnancy and parenting education experience. Enjoy all the key messages alongside exploring te ao Māori for an holistic approach to pregnancy and parenting. Make your very own ipu whenua, learn about harakeke and its unique properties, and prepare your own muka to tie off the pito. This is an empowering journey for all mātua.

Wānanga are held over one day. To register, contact the Ngāti Whātua Ōrākei team on **0508-6967-2534** or email **tamarikiora@nwo.iwi.nz**.



Learn online with Mokopuna Ora

Mokopuna Ora – Healthy Pregnancy and Baby, is a website where you will find trusted evidence-based pregnancy and parenting information. Find information on how to locate a midwife, antenatal resources and other useful tips on pregnancy and parenting.

Visit mokopunaora.nz for information

Looking for a midwife?

As soon as you know you are pregnant you need to choose a **lead maternity carer** (LMC) to provide your care. LMCs are registered midwives, private obstetricians or family doctors. If you are a New Zealand citizen or permanent resident maternity care is free, unless you choose a private obstetrician or private sonographer.

To find a midwife in your region, go to: findyourmidwife.co.nz

Where to birth?

You can choose where you have your baby. Your options include at home, a primary birthing unit (for ADHB residents that would be Birthcare), or in hospital. Be sure to discuss your options with your midwife. Women who birth at home or in a primary birthing unit are more likely to have a normal birth than women who give birth in hospital¹. Unless you experience complications during your pregnancy, birthing at home or a primary birthing unit is safe and enables access to the support you need.

¹Birthplace in England Collaborative Group (2011). Perinatal and maternal outcomes by planned place of birth for healthy women with low risk pregnancies: the Birthplace in England national prospective cohort study. *BMJ*, 343(7840), d7400. Bailey, DJ. (2017). Birth outcomes for women using free-standing birth centers in South Auckland, New Zealand. *Birth* 44(3), 246-51

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