

**FREE**  
SERVICE

**WHAKAPĀ MAI!**

## Well Child Tamariki Ora

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The Well Child Tamariki Ora programme is a series of health visits and support that are free to all families for children from around 6 weeks up to 5 years of age.



### Our Programme

Give your child the best start in life! Join our Raukawa Well Child Tamariki Ora service as soon as your baby is born to ensure continued support after your midwife visits end. Our dedicated nurses and kaiāwhina provide culturally responsive care and expert information for the holistic health, growth, and development of your tamariki.

Each visit covers various aspects of your child's growth and development, offering timely support.

## Whakapā mai

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Contact Nikita Rehu on  
hauora@raukawa.org.nz  
0800 728 5292 ext 556  
[www.raukawa.org.nz](http://www.raukawa.org.nz)

Raukawa Charitable Trust  
1-11 Raukawa Way, Tokoroa, 3420



### Our free visits include:

- Child growth and development
- Family health and wellbeing
- Immunisation information
- Oral health (teeth and gum) checks
- Early childhood education
- Vision (sight) and hearing
- Health and development checks for school readiness
- We also help connect you with other health and social providers to meet your needs.

### Care and support for whānau

Our programme supports parents in monitoring and promoting tamariki health and development. Health checks, including physical measurements and developmental screenings, are conducted by trained professionals at home or clinics in Tokoroa, Putāruru, Matamata, and Te Awamutu.



Learn more by scanning the code  
or visit [bit.ly/tamarikiora](https://bit.ly/tamarikiora)

### How to join our programme

It's easy to join our programme, and we would love to help support your tamariki and whānau.

To join our programme you can:

- Contact us on our free phone number or email
- Visit one of our Raukawa offices to book an appointment or a call back
- Be referred by a GP or health provider

