Plunket & You

Together, the best start for every child | Whānau āwhina
Ēhara taku toa i te toa takitahi, he toa takitini.

My strength is not of a single person, but of many people.
Welcome to Plunket

Having a baby is an exciting experience and a time full of questions. Plunket can help you to give your child the best start in life.

We are passionate about children and committed to providing support as your child develops during their first five years.

How can we help you?

Plunket offers a nationwide support network for families and whānau including a range of services:

- Plunket Well Child visits
- PlunketLine 0800 933 922
- Car Seat service
- Parent groups
- Playgroups
- Parenting education: PEPE, Dads4Dads, Education in Schools
- Toy libraries
- Family Centres

Over the following pages you can find out more about how Plunket can help you, your baby and your family/whānau.
Plunket visits

A Plunket nurse will help you with advice and support as you adjust to the needs of your new baby.

Your Plunket nurse is a registered nurse with an additional post graduate qualification in Well Child and family/whānau health.

Plunket visits are available free of charge throughout New Zealand. Your nurse will assess your baby’s growth and development and provide you with information and support on a variety of topics including breastfeeding, immunisation, nutrition, parenting and sleep.

Plunket care includes home visits for babies in the early weeks, and then clinic or home visits for children up to 5 years old. Visits may also take place at preschools, mobile clinics, family centres, marae and other community facilities. Your Plunket nurse can also refer you to other agencies and community groups as necessary.

Plunket Kaiāwhina (Māori healthworkers) and Community Karitane work alongside Plunket nurses in their communities and offer additional support on parenting issues.
PlunketLine 0800 933 922

Do you need to talk to a Plunket nurse today?

PlunketLine is a toll-free telephone helpline available to all families, whānau and caregivers 24 hours a day, seven days a week. Your PlunketLine call will be answered by a Plunket nurse, who can give you advice and information on any parenting issues and your child’s health and development.

“We’re new parents and it’s so great knowing someone is always there at the end of the phone.” Ruyang

“It was 1am and my wife and I were at our wits end with our baby. The advice we got from PlunketLine was great, and it worked!” Mike

As well as providing quality advice and information, PlunketLine is a great way to access Plunket’s nationwide family support network. It is a gateway to many services, including referrals to local Plunket nurses, appropriate health professionals or other social and community services, so that you and your family will receive the support you need.
Have you got your baby’s car seat yet?

To keep your baby safe they need to be in a car seat from their very first ride; it is also law in New Zealand that a car seat is used for each child every time they travel in a vehicle.

Staff at Plunket’s Car Seat service can help you choose the right car seat for your baby and toddler – and fit it in your car. Our staff are child restraint technicians, trained and certified through the New Zealand Qualifications Framework. This gives you the assurance they can provide informed advice on what type of child restraint is best for your child.

Plunket's Car Seat service in your area offers a variety of infant and child restraints and booster seats at affordable rental prices. There are both short and long-term hire options available. Prices may vary depending on where you are in New Zealand. A selection of our outlets also sell a range of car seats.

Contact your local Plunket Car Seat service or visit [plunket.org.nz](http://plunket.org.nz)

- To book your car seat
- To buy a car seat
- For car seat information
- For assistance with installing your own car seat
Parent groups

Becoming a parent and raising children will change your life.

Plunket parent groups are a fantastic opportunity to meet other parents, share experiences, make friends, have a coffee and a chat, relax and have fun! Parent groups are also a great way for children to interact with each other and begin to develop their social skills.

“I am still close friends with two other mums I met at a new mother’s group 20 years ago. Today, our children consider they have three mother figures!” Regan

Plunket parent groups include:
- Plunket in your Neighbourhood groups (PIN groups)
- Whānau groups
- Young mums groups
- Walking groups

Plunket parent groups with a child activity focus include:
- Dance and movement
- Playgroups
Supporting families and whānau is one of the most important things Plunket does and playgroups are an essential part of this.

Plunket playgroups are a place to meet other new parents and learn from each other in a fun, relaxed environment. They are also a great way to help children interact with each other and begin to develop their social skills.

There are more than 180 Plunket playgroups throughout the country so they can be found in many communities. Most groups meet weekly and some fortnightly.

Some groups get together for music or movement groups, and others have a full range of play activities suitable for all age groups up to the age of five.

Talk to your Plunket nurse about what is available in your area.
Parenting education

Parenting is perhaps the most important job anyone can have.

Plunket understands the enormous impact that a new baby has on the life of its parents, and the changes – and occasional difficulties – that new parents can experience.

With this in mind, Plunket provides a range of free parenting education and support programmes which are available throughout New Zealand.

These courses help parents understand how their child develops and learns, and provide practical support and guidance to help them become more confident in their parenting role.

If you’d like to know more about parenting education programmes or book into a course, get in touch with your local Plunket to see what is on offer or visit plunket.org.nz

What is the best way to care for your newborn baby?

What do you do if your toddler doesn’t sleep at night?

Would you like to meet other parents in your area to share ideas and enhance your parenting?

Parenting Education Programme (PEPE)

The transition to parenthood is a time of many changes. PEPE groups can play a significant role in helping parents through this process.

PEPE is a free parenting education programme designed to support parents to adjust to the wonder, changes and challenges of parenting, and gain confidence in supporting their child’s development and learning.
PEPE is a Plunket-developed national programme which consists of five courses, free to all participants:

- Your New Baby – Parenting in the first six weeks
- Your Growing Baby – Parenting from 6 weeks until baby is rolling or crawling
- Your Moving Baby – Parenting when baby is moving but not yet walking
- Your Active Toddler – Parenting the busy and active toddler
- Your Curious Young Child – Parenting the young child from 2 to 3 years onwards

These courses are a great opportunity to build your parenting skills by sharing ideas and experiences with other parents. A specially trained facilitator is available for guidance throughout the courses. Caregivers, whānau and grandparents are all very welcome.

We have a range of resources that allow facilitators to meet the diversity of parenting cultures and needs e.g. Iti Noa, He Pito Mata – to support whānau to parent their children.

PEPE is provided through community funding and is supported by the Ministry of Health and KPS Ltd.

Dads4Dads

We also have special courses just for dads. Check with your Plunket nurse to see if these are available in your area. Dads4Dads is a course designed for fathers of children under 1 year old. It is facilitated by dads and covers key issues that relate to parenting and fatherhood.

Practical parenting topics

Many areas also provide one-off sessions on practical topics such as settling and sleeping, beginning solids, positive parenting and keeping children safe. Check with your Plunket nurse or the Clinic noticeboard for further information.

Education in Schools

Plunket provides interactive early childhood based units introducing Year 9-13 secondary school students to the responsibilities and challenges of being a parent.

Parenting skills are essential to a healthy society. In developing these units Plunket has built on the philosophy

The long term outcome is a safer, healthier, happier community.
‘it takes a community to raise a child’, and partners with secondary schools in teaching parenting skills through material that will help ensure the health and safety of our young families today and in the future. The programme intends to reinforce the responsibilities of parenthood and the value of parenting as an important human relationship, and to create positive attitudes and behaviours by exposing students to practical hands-on experiences and examples of parenting.

The programme offers a unique opportunity for students to engage with parents and children in a classroom setting. The involvement of parent volunteers and their young children is a key part of the courses and a highlight for students as they experience first-hand the realities of providing for the needs of a young child. Students learn:

• how to raise a healthy, happy child
• the roles, realities and responsibilities of being an effective and nurturing parent
• about child development and how to recognise and respond to children’s needs
• new communication skills and the value of parenting as an important human relationship.
Toy libraries

Plunket toy libraries are a great way to get safe toys for your child, at little or no cost.

Toys are an important way of helping your child to develop different skills, encouraging their imagination and helping them learn about sound, touch and how things work.

Toy libraries allow you to borrow a range of toys to suit your child’s age, development and personality. You can choose and borrow toys then bring them back to exchange for others, just like library books, and without having to purchase new ones. You and your child can choose the toys that will give you hours of fun together.

To find a toy library close to you visit plunket.org.nz

“Give your toy box more variety by using toys from the toy library. Handy hint: put away some of your own toys while you have borrowed ones, then reintroduce them afterwards and your old toys become exciting again!” Brigid

Toy libraries are run by volunteers and may not be available in all areas.
Family Centres

In some areas around New Zealand, extra help and support on parenting is available from Plunket Family Centres.

Centres are staffed by Plunket nurses, community karitane, Plunket kaiāwhina and volunteers. They offer support and information on different parenting issues. These include breastfeeding, infant nutrition, sleeping, child behaviour and parent/family needs.

To arrange a visit for you and your baby or child you will need to talk to the Family Centre staff. In some areas community karitane and Plunket kaiāwhina provide additional support in homes, clinics, preschools and marae. In areas where there is no Family Centre Plunket staff can provide additional support in homes, clinics, preschools and marae.

This is a free service – ask your Plunket nurse if there is a Family Centre near you.
Give us a hand

Make a difference in your community. Volunteer with Plunket and help support New Zealand families.

E raka te māui, e raka te katau.

The right hand is adept, the left hand skilful. A community can use all the skills of its people.

Volunteering is a great way to meet other parents and get involved in exciting projects.

There are many ways you can get involved with Plunket from collecting in our Annual Appeal, and organising parent groups, to running playgroups, music groups or toy libraries – the list is endless!

Plunket volunteers and supporters give as much or as little time as they want – no contribution is too small. The time, talent, and effort that volunteers give means we can continue to provide support and services to families with young children throughout New Zealand.
Online
Visit our website to find online parenting resources at plunket.org.nz

Facebook
Join our Facebook community at facebook.com/PlunketNZ

Donate
Plunket is a national, not-for-profit community organisation committed to young children and their families. Please support us by donating at plunket.org.nz