



Plunket and you



In the first 1000 days we make the difference of a lifetime

Welcome to Plunket

Whānau Āwhina Plunket is a nationwide support network for families and whānau with children 0-5 years old. We can support you to give your child the best possible start in life.

Our services include:

- Free Plunket nurse visits to your home or at our clinics.
- Free 24 hour advice and support on PlunketLine 0800 933 922.
- Our parent groups, parenting education courses, playgroups, family centres and community activities offer additional support, and information.
- We can also help connect you to other services you may need.

See more at www.plunket.org.nz

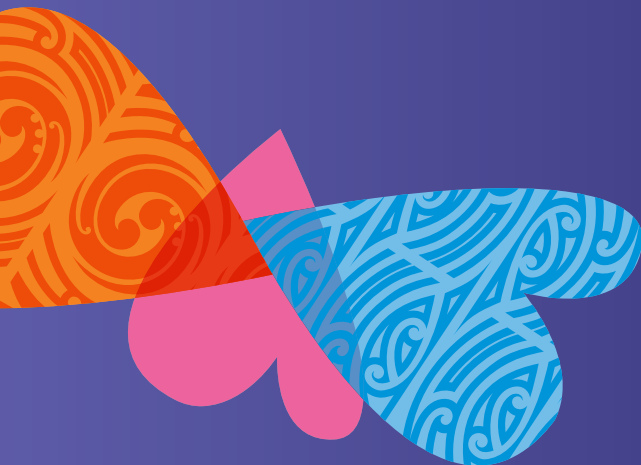
Plunket是一個全國性機構,專為有0至5歲兒童的家庭提供支持。我們可以幫助您給您的孩子作一個最健全的生活起跑點。

我們的服務包括:

- 免費Plunket護士到您家或在我們的診所提供兒童檢查
- 免費24小時諮詢電話專線 Plunketline 0800 933 922
- 我們的家長交流聚會,育兒教育課程,幼兒遊戲聚會,親子家庭中心以及不同的社區活動皆可提供額外的支持和育兒資訊
- 如需要的其他服務,我們還可以幫助您提供其他相關機構的資訊

更多信息,歡迎至訪

www.plunket.org.nz



Nau Mai Plunket

Talofa lava

Plunket o se matagaluega e maua ai le fesoasoani mo matuā, alo ma fanau. O se fesoasoani i le mataupu o le soifua maloloina a tatou alo ma fanau, e amata mai i le pepe fou se'i o'o i le 5 tausaga.

O lenei auaunaga e aofia ai:

- Asiasiga a tamaita'i foama'i i maota ma laoa a le'o lenā e mafia foi ona e sūsū mai i le matou matagaluega.
- E mafia fo'i ona e feso'ota'i mai i le numera 08009339222 (e leai se totogi) pe a manao'miā se fesoasoani. O lenei auaunaga e 24hr.
- E i ai foi faalapopototoga eseese i totonu o le matou matagaluega mo le faalauiloa teleina o le poto ma le tomai mo aiga e manao'mia le fesoasoani.
- E mafai ona matou fesoasoani pe a manao'mia se feso'ota'iga ma se faalapopototoga fafo atu o Plunket e tatau ma aoga mo oe ma lou aiga.

Malo e Lelei

Plunket koe tokoni fakaloto'fonua kihe nga'ahi famili mo'e fanau ta'u 0-5. Oku lava 'e Plunket 'o tokoni'i ho'o ki'i tamasi'i pe ki'i ta'ahine kene ma'u ha kamata'anga lelei ihe ene moui.

Mau nga'ahi sevesi:

- Ta'etotongi ae a'ahi atu ae ne'esi Plunket ki ho api nofo'anga pe koe kiliniki ofi atu.
- Koe Plunket line (0800 933 922) oku ta'etotongi pea ava houa 24 ke oatu ha falei mo tokoni'i koe.
- Mau nga'ahi kulupu tokoni kihe matua, kulupu ako kihe matua fekau'aki moe fanau, u kulupu vainga, senita kihe famili mo'e nga'ahi polokalama moe u nga'ahi fakamatala ke tokoni atu.
- Mau lava o tokoni atu ke fakafeiloaki koe kihe u nga'ahi sevesi kehe'kehe 'e aonga kia koe.

Vakai kihe www.plunket.org.nz

प्लंकेट, 0-5 वर्ष आयु वाले बच्चों वाले परिवारों के लिए देशव्यापी सहायता नेटवर्क है। आपके बच्चे को जीवन में सर्वोत्तम शुरूआत देने में हम आपकी सहायता कर सकते हैं।

हमारी सेवाओं में निम्न शामिल हैं:

- आपके घर पर या हमारे क्लिनिकों में प्लंकेट नर्स द्वारा मुफ्त विजिट
- प्लंकेटलाइन 0800 933 922 पर मुफ्त 24 घंटे सलाह और सहायता
- हमारे अभिभावक समूह, अभिभावकीय शिक्षा पाठ्यक्रम, खेल समूह, पारिवारिक केंद्र और सामुदायिक गतिविधियां, अतिरिक्त सहायता और जानकारी उपलब्ध कराते हैं
- हम ऐसी अन्य सेवाओं तक पहुंचने में भी आपकी मदद कर सकते हैं जिनकी आपको ज़रूरत हो सकती है।

अधिक जानने के लिए

www.plunket.org.nz देखें।

He whatunga tautoko a Plunket puta noa i te motu mō ngā iwi, ngā hapu, ngā whānau mē ō rātou tamariki mokopuna mai te kōpu o te whāea ki te 5 tau te pakeke. Ko tā mātou he tautoko, he āwhina, he poipoi i a koe me tō pēpi ki te whai i te ara e tika ai mo tōna oranga. Kō ngā whakaritenga mahi e whai ake nei:

- He torona nēhi nō Plunket ki tō whare ki te whare hauora rānei mo te kore utu.
- He tohutohu, he tuku kōrero tautoko hei āwhina i a koe mo te rua tekau mā whā o ngā hāora i runga i te wāea ō Plunketline 0800 933 922 mō te kore utu.
- Ka tuku tautoko, tuku pārongo anō i roto i ngā huihuinga mātua, ngā wānanga akoranga mō ngā mātua, ngā kōhanga, ngā puna tākaro, me ngā mahi i roto i ngā hāpori.
- Ka tāea hoki mātou te whakahono i a koe ki ngā ratonga e hiahia an koe.

Rapuhia ngā parongo ki

www.plunket.org.nz



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1000 days
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Plunket visits

A Plunket nurse will work in partnership with you to provide information, 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. She works alongside health workers to provide a package of care to your family.

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

Plunket health workers work alongside Plunket nurses in their communities and offer additional support on parenting issues. Health workers also play a valuable role in providing education and support in parenting.

Plunket care delivery 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.

Plunket also offers virtual visits. Your Plunket nurse can also refer you to other agencies and community groups as necessary.



"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



plunketline
whānau āwhina

0800 933 922

Do you need to talk to a Plunket nurse today?

PlunketLine is a toll-free (from any mobile or landline) 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.

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 breast feeding support via video call (VC), referrals to local Plunket nurses, B4 School coordinators, appropriate health professionals or other social and community services, so that you and your family will receive the support you need.



“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



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.

Plunket parent groups include:

- Plunket in your Neighbourhood groups (PIN groups)
- Whānau groups
- Young mums groups
- Dads’ groups
- Walking groups

Plunket parent groups with a child activity focus include:

- Dance and movement
- Playgroups



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 100 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.

Plunket also has playgroups for different languages, including Mandarin, Spanish and French – and more.

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



Parenting development

Parenting is perhaps the most important job anyone can have.


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

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

These courses develop parents' understanding of how their child develops and learns, and provide


practical support and guidance to increase parents' confidence.

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

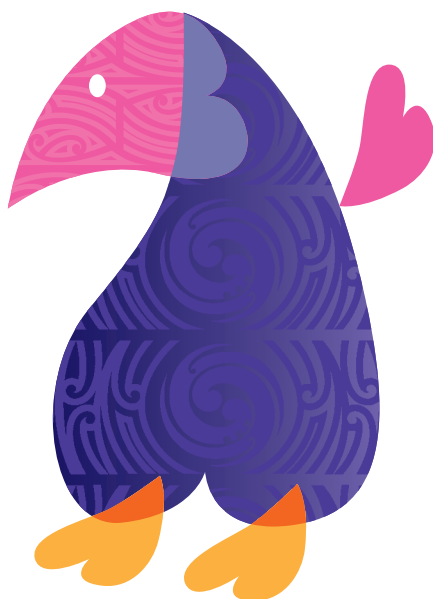


How to communicate with and care for your newborn baby.

How to support your toddler to cope with big emotions.



Would you like to meet other parents in your area to share ideas and develop 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 available across Aotearoa, 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 programme which consists of five courses:

- 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 trained facilitator guides the group and provides content on topics that the group want more information about. 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 to support whānau to parent their children.

PEPE is provided through community funding and is supported by the Ministry of Health and KPS (Karitane Products Society) Ltd.

Practical parenting topics

Many areas also provide one-off sessions on a range of parenting topics from positive parenting tips through to practical topics such as infant sleep, beginning first foods and fussy eaters, and keeping children safe. Check with your Plunket nurse, the Clinic noticeboard or our website at plunket.org.nz 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 '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.



The long-term outcome is a safer, healthier, happier community.

“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

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

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, Plunket Community Karitane, Plunket Kaiāwhina, community staff 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 outside the centre. In areas where there is no Family Centre, Plunket staff can provide additional support in homes, clinics, preschools, marae and sometimes, through a virtual service.

This is a free service – ask your Plunket nurse or look on plunket.org.nz to see if there is a Family Centre near you.





Ē raka te
maui, e raka
te hātau.

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

Give us a hand

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

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 supporting
our fundraising events, 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.






Plunket online

Connecting with Plunket online has never been easier.

The new parent journey can be full of questions. To find some answers visit plunket.org.nz. For services near you, select your area under Plunket Near Me to discover what we offer in your community. If it's health and safety information you need, you'll find this under Child health concerns. There's information on child development and on parenting too.

To keep in touch with events, news and for tips and PlunketLine chats, join us on Facebook, Twitter or Instagram.

-  facebook.com/plunketnz
-  twitter.com/plunketnz
-  instagram.com/plunketnz



Supporting each other

It can be lonely being at home with a new baby, all day giving your best for your child, with few opportunities for adult conversations. But across the country there are amazing Plunket groups that can be a lifeline for new parents. One such group is called Remarkable Mums, set up to heal the profound loneliness of mums in the country.

“The days are long. You’re desperate just to see another adult. I was totally lost. I just didn’t know what to do with this little person. I was just quite overwhelmed.” – New mum, Fiona
It is heart-breaking to see so many

mums who are desperate for more guidance and support; they need the reassurance that they are doing the best for their child.

Well, ... what if mums support each other? That is the idea behind Remarkable Mums groups, developed by a creative and compassionate Plunket nurse in Central Otago.

Remarkable Mums is not a typical mums-and-babies group. Those groups can be the loneliest place of all for a struggling mum; when other women seem to be doing so well, it seems nobody else is finding motherhood a challenge, and you wonder what you

could be doing wrong when it seems so hard for you.

Remarkable Mums is never just small talk. It goes much deeper, giving women like Fiona the chance to discuss their troubles very safely and supportively.

"I'm definitely in a happier and healthier place for being part of the group. You can go and fall apart, if that's what you need to do. Go and have a cry. Sharing really big stuff," says Fiona.

Groups like these are funded by donations. To make a small donation to keep groups like this running visit plunket.org.nz/donate.

To look for a group in your area visit plunket.org.nz/plunket-near-me/

Everything you do for Plunket lasts a lifetime, thank you.

You can
support Plunket

by making a
donation at
[plunket.org.nz/
donate](https://plunket.org.nz/donate)





Supporting Plunket

Plunket sees 85% of all new babies born in New Zealand. Some of these families need more support than others.

We know that many people would like to help out, but simply don't have the time available to become a Plunket volunteer.

Another way to contribute is by making a donation. Any amount that you can afford will support families when they need it the most. With your help, together we can help all Kiwi kids have the best possible start in life.

Ma te mahi ngatahi, e puawai
ai a tatou tamariki.

You can support Plunket by making a donation at
plunket.org.nz/donate.

Or, you can spread your gifts throughout the year with
a small monthly donation and join Bright Beginnings.

Joining Bright Beginnings is easy!

Sign up today at plunket.org.nz/bright-beginnings
or email supporters@plunket.org.nz for more information.

You'll be helping to provide:

- Support services for all who need them
- Help for families dealing with family violence, no child or parent should have to live in a domestic violence situation in New Zealand
- Support for families living in isolation or poverty.



Thanks for your support



PlunketLine 0800 933 922
24/7 Plunket Nurse phone support

plunket.org.nz



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[plunketnz](https://twitter.com/plunketnz)

