Kia Ora Koutou Greetings

Well Child week
26 February to 4 March

Well Child week promotes the Well Child Tamariki Ora (WCTO) Programme. The programme covers everything from health and development assessments, whānau care and support, and health education, and it’s free for all children, birth to age five.

There are different service providers to choose from including Plunket, local Māori or Pacific providers, midwives, nurses, health workers (eg Kaiāwhina) and some family doctors.

The programme is based on a set of scheduled visits within certain age bands. For example, one of the visits is at age two to three years. Oral health is one of the focus areas for this age. Well Child providers can assess the gums and teeth and help whānau/families enrol baby with the local oral health provider (if they’re not already enrolled).

We encourage whānau/families to enrol baby at birth and get all their checks, to give them the best start in life! Midwives and family doctors can help people choose a provider that’s right for them.

Further details can be found at www.wellchild.org.nz.

Immunisation

Whooping Cough is on the rise in our community.

The best protection is immunisation in pregnancy and on time infant immunisations. Visit www.health.govt.nz to find out more.

Help stop the spread of Whooping Cough
• Make sure your tamariki are up to date with their immunisations
• Keep your baby away from anyone with a cough
• If you have a cough yourself, stay away from babies
• If you have a cough that won’t go away, see your doctor.

Upcoming dates:

Well Child Week: 26 February - 4 March
National Children’s Day: 4 March
Playcentre Awareness Week: 4 - 10 March
World Oral Health Day: 20 March
Good Friday: 30 March
Easter Monday: 2 April
World Health Day: 7 April
ANZAC Day: 25 April
NZ Immunisation Week: 30 April - 6 May
International Day of Families: 15 May
World Smoke Free Day: 31 May

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By around three years of age, most children in NZ participate in ECE. Types of services are varied, catering for different language and cultural environments, levels of parent involvement, and time commitments (from a few hours a week to full time, and from birth to six years of age).

Types include:
- Home-based care
- Kindergarten
- Te Kohanga reo
- Pacific language nests
- Playcentre
- Playgroups

Between the ages of three and five years, children can participate in ECE for 20 hours a week for free (20 Hours ECE). Parents should check whether their child’s ECE service offers this ECE subsidy. Any parent/caregiver can apply to receive the 20 Hours ECE subsidy for their child, regardless of income or whether they or their child is a NZ resident or citizen.

There is also a means-tested Childcare Subsidy for eligible families, managed by Work and Income, to help pay for childcare costs. For more information, go to the Working for Families website, or call 0800 559 009.

Information about both subsidies can be found on the Ministry of Education website. Ministry of Education has a practical website for parents and carers of children aged zero to six years old. The website includes tips to keep in mind when you’re making your decision about which service to choose from: www.parents.education.govt.nz

In Hawke’s Bay, the B4SC is delivered by Primary Care ie the practice nurse for your doctor, the Well Child Tamariki Ora nurse, or an independent practitioner nurse who will visit in the homes.

To find out more about the B4 School Check:
- Talk to your family doctor or nurse, Well Child Tamariki Ora provider or public health nurse
- Visit the Ministry of Health’s website
- Call the free 24-hour health advice service Healthline 0800 611 116

For more information contact:
Cath Hedley  B4SC Co-ordinator or Alana Kohi B4SC Administrator
Ph 834 1815 or Ph 871 5646
Active families early years programme

Sport Hawke’s Bay works with children between the ages of three to five years and their families to provide nutritional and physical activity support for the whole family.

The programme can include:

- The Early Years Coordinator working with children at their Early Childhood Centre, this would include games to encourage physical activity, support to ECE teachers on how they can encourage an increase in physical activity and information to centres and parents/carers on choosing a healthy diet.
- The Early Years Coordinator can also provide home visits to families. This way the Coordinator can work with the whole family and help with ideas for cooking healthy meals and games that can be done at home together as a family to increase activity levels for the whole family.
- The Early Years Coordinator can provide evening workshops to parents/carers on healthy eating and getting families moving.

The programme will help:

- Increase motivation to exercise
- Improve FUNDamental skills
- Increase confidence to try other activities
- Improve child interaction
- Improve nutritional knowledge
- Weight management
- Whole family making lifestyle changes

For more information about our Active Families Early Years programme and how to participate contact Robin Piggot on 845 9336 ext 734 or Maria Blatch on 845 9336 ext 733