



Directory of
South Canterbury
Maternity Services



South Canterbury
District Health Board

'E tama kei roto
i te kura waka
i te huaki pouri
nau mai haere mai.'

'My child
who lies in the womb on
the edge of darkness
come forth
into the world.'



Ariana Tikao-Ngai Tahu

Disclaimer

This booklet is for information only. The information provided does not in any way represent medical care or attention. We recommend that you seek the advice of your doctor if you have any questions.

While every effort has been taken to ensure the accuracy of the information in these pages, the contents are subject to review and change from time to time. The South Canterbury District Health Board accepts no liability or responsibility for any acts or omissions, done or omitted in reliance in whole or in part, of the information.

Opinions expressed by contributing authors to this publication do not necessarily represent the views of the South Canterbury District Health Board, Plunket Society, Timaru Hospital or any employees thereof.

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Introduction

Welcome to the fourth edition of the South Canterbury Maternity Services Directory.

This booklet came about as a result of feedback from first-time mums who were looking for information on the choices available for their maternity care and the people in South Canterbury who offer these services.

Included is a brief summary of the choices you have when you are pregnant. It's your right to make decisions about what is best for you and your family or whanau before, during and after the birth of your baby or babies.

To assist you with your choices, we have included a brief profile of each of the professionals in South Canterbury who provide maternity services to women and their babies, along with their contact details, plus a section on additional community services available that you may use before and after the birth of your baby.

Your Choices in Maternity Care



Choosing Your Lead Maternity Carer

You can choose who looks after your needs while you are pregnant, during the birth, and afterwards. The person you choose is called your Lead Maternity Carer, and can be:

- an independent midwife (pages 17)
- a doctor (General Practitioner - although not in South Canterbury)
- a specialist (obstetrician- page 11)

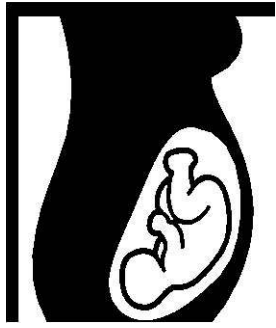
The lead maternity carer you choose will be the person who has overall responsibility for your care. Your lead maternity carer may work alone, or as part of a team. You can change your lead maternity carer at any stage if you are not satisfied with the care you receive.

Support People

You can choose who you want to be with you when you see your doctor, midwife or others involved in your care – for example your partner, family or friends. Support people can be with you during your pregnancy, labour, birth and afterwards.

Planning Your Care

Together, you and your midwife or doctor will discuss your needs and develop your 'care plan.' This is a written record of what you want to have happen before, during and after the birth of your baby, and is yours to keep. If your needs change, the care plan can be changed too. If you change your midwife or doctor, the care plan goes with you. Your care plan will include and take into account:



Pregnancy

- your social, physical, cultural and spiritual needs for a healthy pregnancy and birth;
- planned visits and contact with your doctor and/or midwife;
- what to do in an emergency;
- ways you can learn about pregnancy and giving birth;
- booking any other services you need, including Maori and Pacific Island services that are available to you.

Labour and Birth

Where do you want to be during your labour and birth? Depending on your needs, some of your choices are:

- at home or in someone else's home (only with an independent midwife);
- in the hospital maternity unit.

You can also discuss and plan:

- what you want to happen during labour and birth;
- who you want with you for support;
- information about different types of births;
- possible changes to your plans if health problems develop for you or your baby.

Services after Birth

Some considerations are:

- staying in the maternity unit or leaving soon after birth, depending on your needs;
- ensuring you have good family support, especially if you have your baby at home, or go home early from the maternity unit;
- visits and checks for you and your baby;
- guidance about feeding your baby;
- guidance about parenting;
- choosing who will care for your health and provide Well Child health services for your baby.

Cost

These services will not cost you anything. They are provided through the South Canterbury District Health Board. You may have to pay for services not covered by the maternity payment schedule.

You have the right:

- to carers who can provide high quality safe care;
- to say yes or no to any service or care for yourself and your baby before it happens;
- to be told what care options are available and what is likely to happen if you or your baby develop problems;
- to be told how to complain if the care or service does not meet your needs and to get someone to speak for you;
- to make a complaint/compliment and get an explanation you understand from those caring for you.

Questions to ask your Midwife or doctor:

- What care will you provide for me during:
 - >my pregnancy?
 - >my labour and birth?
 - >after the birth of my baby?
- If you do not provide some of this care, who else will?
- Who will provide back-up care for me if for some reason you cannot be present?
- What may happen if things don't go according to my care plan?





South Canterbury Maternity Care Services

Regular antenatal care provided by all health professionals is designed to ensure that you stay healthy throughout pregnancy, and that your baby's progress is satisfactory. It also means that any problems are recognised and treated promptly.

The following section provides a guide to the maternity care services available in South Canterbury.

Primary and Secondary Care

Primary care occurs when your pregnancy and birth remain completely normal.

General practitioners, independent midwives and obstetricians can all provide primary care.

Secondary care occurs when complications arise during the pregnancy or labour, or where you may have had previous complications or medical conditions which may affect this current pregnancy.

Timaru Hospital

Jean Todd Midwifery Practice

This service provides care for women living in the South Canterbury District Health Board area - from the Rangitata River in the north, to the Waitaki River in the south.

Philosophy

- We believe that midwifery and medical expertise within this Unit is woman and baby focused.
- Our aim is for women to leave the Unit feeling informed about their pregnancy and confident with their new baby.
- Care is individualised and recognises the special needs of each woman and her family.
- All maternity professionals have responsibility to ensure that midwifery and medical practices are current and evidence based.
- Care given to women will not compromise the safety of the women, babies or the staff.
- Women and their families will be supported to achieve their potential as a family unit.

Your chosen Obstetrician,

Mr Werkmeister, Mr Weir or Mr Makary is your Lead Maternity Carer, and you will be assigned a midwife who covers your area.

2-Way or 3-Way Care?

The Choice is Yours!

If your LMC – lead maternity carer—is an obstetrician your antenatal care can be shared between your obstetrician, GP and midwife (3-way care), or between your obstetrician and midwife (2-way care). Discuss your preference with your LMC.

If you have chosen 3-way care you can ring your midwife or see your GP free of charge for any pregnancy related problems.

If you have chosen 2-way care you should contact your midwife for any pregnancy related concerns. You should still visit your GP for health concerns which are not related to your pregnancy.

Jean Todd Maternity Unit



The Jean Todd Maternity Unit is a modern facility situated on Level 2 of Timaru Hospital.

We have 9 single rooms with ensuite facilities and 2 birthing rooms with large baths included in their ensuite.



A kitchen/dining area is available for women to use while staying in the unit.

We provide:

- Facilities for independent practitioners to provide primary care;
- Continuity of midwifery care through our Jean Todd Midwifery Practice Team;
- Secondary care through our core midwifery staff and/or our Jean Todd Midwifery Practice Team;
- Pregnancy and parenting education classes;
- Obstetric services through our three obstetricians;
- A modern ultrasound scanning service
- Post-natal hospital care through the core midwives.

Obstetric Services

Dr Albert Makary, Dr John Weir and Dr Geoff Werkmeister have a team approach, sharing expertise and case loads.

- Our on-call roster means that always one of us is on-call 24 hours a day, 7 days a week for consultations and deliveries;
- We aim to provide a full obstetric service of the highest quality and standards to the women of South Canterbury;
- We each take a lead maternity carer role for those women who choose to have us provide care through normal pregnancy and birth.



We also provide:

- Obstetric support/assistance to other South Canterbury maternity care providers (see pages 17);
- Full obstetric care to women who require specialist care where there are potential or known complications of pregnancy and birth, or where a woman has existing medical problems that may affect her pregnancy;
- Obstetric ultrasound scan service;
- Antenatal clinics held at the Women and Children Clinic, Timaru Hospital Level 2.

Contact the Jean Todd receptionist on 03 687 2140.



Core Midwives

Core Midwives are employed by Timaru Hospital to provide care 24 hours a day

This includes:

- Midwifery care to women who are admitted to the maternity unit during the antenatal period;
- Labour care until your primary midwife arrives;
- Midwifery care to women in labour who have been transferred to secondary care where the primary midwife is not employed by Timaru Hospital;
- Post-natal midwifery care and support after you have had your baby until you go home;
- Care to babies in the maternity unit who are under the care of a paediatrician;
- Support to continuity of care midwives, independent midwives, and obstetricians.

Jean Todd Midwifery Practice

We offer women and their families:

- Care at home and in the maternity unit
- Continuity of midwifery care through normal and secondary care
- A team approach with obstetricians and/or GP's
- A partnership approach
- An advise line:
03 687 2145 (Maternity Ward)
- We work closely with Jean Todd Maternity Unit core midwifery staff and pregnancy and parenting education midwives
- A midwife who covers your area will be assigned to your care

**“Know
your midwife
through pregnancy,
labour and the
newborn period.”**

Timaru/Temuka/Geraldine

Lyn Coyle



Originally hailing from Northern Ireland, I trained and qualified as a midwife in Scotland in 1984. Over the years I have worked in all areas of midwifery, both hospital and community settings and along the way I experienced being on the 'other side' while having two children who are now teenagers. Since December 2004 I have been part of the continuity of care team in Timaru, enjoying a new way of 'being with women' and their families through the antenatal, labour and postnatal journey. My passion is to make the journey enjoyable and to support you and family along the way.



Kate Bennet

I graduated in 2009 and moved to take up this position in the city of Timaru. I became part of the continuity of care team because I believe continuity of care enables partnerships to be formed between women, their whanau and the midwife. I believe pregnancy and childbirth are normal physiological processes and I work in collaboration with other health professionals in Timaru to promote and protect women's wellness and to enhance the health status of their babies.

Timaru/Waimate



Amanda Stoat

I am married with three children and am originally from Timaru, but moved to Auckland where I completed my midwifery training. I have worked both as a staff midwife in secondary care and as an independent midwife on Auckland's North Shore. I have experience in high and low risk pregnancy and deliveries, and women with multicultural beliefs. I was so pleased when I was offered the position here as it meant I could come home to raise our family. Becoming a parent is a wonderful time in your life and I look forward to being with you during this special time.



Timaru/Waimate

Sandy Collins

I have been working as a midwife since 1981. I have extensive experience in all aspects of Midwifery and have developed specialist knowledge of breastfeeding. I have two children.



Timaru/St Andrews/Pleasant Point/Cave/Fairlie

Briar Hill

I have been a midwife at Timaru Hospital for two years and have really enjoyed my time here. I believe providing women with the best maternity care possible, and love being part of this special time in the lives of families



Julianne Dickens

I qualified as a general nurse in 1981 and as a midwife in 1984. I trained in the UK. I have worked in several different hospitals including 2 years at National Womens in Auckland before coming to Timaru in August 2011. I have also had 3 babies myself and had some breaks in my career while I have been home with my children. As a midwife I feel hugely privileged to be a part of the life changing and special event that having a baby is in a family's life. I really enjoy my job and aim to give the best possible personal care to each family. Every birth and every family is different eg. some women are experienced mothers, some are having their first baby and some families have different cultural needs. Women need to feel they can make choices that suit them. I feel it is very important to be sensitive to the different needs of individual families.



Timaru/Tekapo/Mt Cook/Twizel



Jane Arthur

I am from Southland and having qualified as a Registered Nurse, I then trained as a midwife in Perth, Western Australia, in 1989. Since then I have practiced Midwifery in Wellington as an independent midwife where I was involved in all areas of practice including home and hospital births. I returned to the south Island in 2000 and I worked on the West Coast at Grey Hospital and then in 2007, my husband and I with our four children moved to South Canterbury where I have enjoyed being part of the continuity of care team.



Gemma Body

Originally from England, I completed a 3 year degree programme to become a midwife in Wales, UK in 2006. I worked there as a midwife for a few years, before deciding to head off to work in Australia for a while. I lived in Brisbane for nearly 2 years, and worked as a midwife in a large hospital, with 6000 births a year. Following a stint of travelling, I arrived in NZ in May 2011 and have been enjoying working as a midwife here in Timaru ever since. I am very passionate about supporting women through their pregnancy and birth and making it as enjoyable as possible.

South Canterbury Midwives (Community Based Govt funded Midwives)

All of our services are free to women and their families. Dianne Cox, Anne Valentine and Debbie Hayes Kath Hayhoe will provide midwifery care for women birthing at home or in hospital. We also offer water births.

For information on our drop-in centre please telephone any of the contact phone numbers. The rooms are in Beswick St
Phone 0800STORKS

We believe that pregnancy is a normal life event for most women and that they will birth a baby to suit their bodies. We feel it is very important that all women have choices and we work hard to provide those choices.

We provide all care antenatally, during labour and birth, then to six weeks postnatal. We support each other at all births, whether it is in hospital or at home.

We update our knowledge continually by attending and participating in regular in-service education provided by the Jean Todd Maternity Unit and the College of Midwives.

We are members of the College of Midwives and we participate in 2 yearly peer reviews.

We support the next generation of midwives by having 3rd year midwifery students in our practice. We obtain your consent prior to their involvement.

We offer:

- Advice about childbirth and early parenting
- Free pregnancy tests
- Lead maternity care services
- Free referral to a local obstetrician as required
- Individual midwifery care and support in your home
- Postnatal care in your home to 6 weeks
- Pamphlets and written information to enable you to make an informed choice
- Referrals to other health professionals
- Cover for all areas of South Canterbury



Dianne Cox

I have been a midwife in South Canterbury since 1982, and for 14 years I was a core midwife in the Jean Todd Maternity Unit. I have been a member of the South Canterbury Midwifery practice since 1996 and enjoy working on a one-to-one basis with women and their families. The relationships formed at this special time can be life-long. Available on Thursday or Friday.
Phone 027 214 3631



Anne Valentine

Anne Valentine

I am a mother of four and have worked in maternity since 1986 and as a midwife since 1991. I have been an LMC midwife since 1993, following two years working in the Jean Todd Maternity Unit. I chose to do midwifery as I enjoy working with women and their families. Available on Monday
Phone 027 297 8821



Debbie Hayes

I have been a midwife for 21 years, training in the UK but working in NZ for the last 14 years. For 9 years I have shared care with the obstetricians in Timaru, but am now working with SC Midwives to allow me to give better care to fewer women. I love the thrill of birth but also like to think that I am helping families to prepare for and care for their newborns. Available on Tuesday.
Phone 027 716 3322 or 0800 MIDWYF



Kathryn Hayhoe

I am a British born nurse and midwife, trained in London and Oxford, and have been in clinical practice for nearly thirty years. My husband and I have four children and live in Geraldine. During my career I have worked in small midwifery teams, in regional referral hospitals and in the community with women from many different cultural groups. I have experience of hospital and home birth, with water birth and with obstetric intensive care. I work as a self-employed midwife because I enjoy delivering continuity of care. Available on Wednesday.

Phone 021 334 254

Parent Education Classes

Having a baby will be one of the most important events in your life. It will bring you in touch with many new situations and decisions.

Childbirth education and parenting courses covering preparation for birth and parenting, for pregnant women and their partner or support people prepare parents for the arrival of their baby/ babies.

In South Canterbury you have the following options:

- pregnancy and parenting education classes through the Jean Todd; Maternity Unit at Timaru Hospital;
- antenatal classes through the Timaru Parents Centre;
- one-on-one education with your own midwife.



Lending Library

This wonderful resource, launched in May 2005 by the Maternity Services Liaison Committee, is centrally housed in the Multipurpose Room on Level 2 of Timaru Hospital.

The Lending Library offers access to all expectant parents, whether they be first timers or 10th timers! Access is via the Jean Todd Maternity Unit reception, Timaru Hospital's antenatal classes, or your midwife.

Topics covered include pregnancy, childbirth, breastfeeding and parenting through the ever-expanding books and videos on offer.

Feedback and recommendations are welcome.





Timaru Hospital Pregnancy & Parenting Education

Join our midwives in a friendly, relaxed setting for these free childbirth education classes. *Early bookings are recommended. Ph 03 687 2140 to enrol*

- Classes tailored to meet individual needs;
- One-to-one sessions as necessary;
- Each course runs for 6 weeks and meets from 7-9pm Mon or Tues;
- Informative sessions with visiting speakers;
- Focus on normal birth, with preparation for the unexpected;
- Focus on breastfeeding;
- Reunions;
- Plunket liaison.

Timaru Parents Centre

Be part of the enjoyable classes run by New Zealand's foremost parenting organisation – PARENTS CENTRE – established 50 years ago.

Classes are friendly and inclusive with an emphasis on the group setting up a supportive network by way of a playgroup. The teaching style is varied to suit different learning styles. Our classes also provide leaders who host the class and establish coffee groups.

The Timaru Parents Centre has a comprehensive lending library on birthing and parenting – get ready to hear a dad's and mum's perspective on birth and even postnatal depression.

*For course enrolment:
phone 03 684 5348.*

See also page 37 for a full listing of our services.

Antenatal Course

Eight sessions covering preparation for birth and parenting, for pregnant women and their partners and/or families and support people.

Sessions include:

- nutrition
- pregnancy changes
- stretching
- getting baby in an optimal position to be born
- hospital tour/home birth preparations
- descriptions of the labour process
- relaxation techniques
- easing labour pain
- CPR
- practical parenting – nappies/bathing/layette
- risks/benefits of medical pain relief
- caesarean section
- initiation of breast-feeding and skin-to-skin contact
- problem-solving and breastfeeding
- postnatal distress
- pelvic floor exercises
- immunisation and vitamin K issues
- coping in the early days



Breastfeeding

Breastfeeding is the most natural and effective way of satisfying the needs of your baby. There are many different organisations and individuals available locally to provide information, assistance and advice with breastfeeding.

La Leche League



- Mother-to-mother support with breastfeeding.
- Come and join our friendly and inclusive group.
- We also have a play group.
- Phone counselling available and the best parenting library in Timaru.

To find out more contact Sarah on 03 684 9851.

The Jean Todd Maternity Unit

The Jean Todd Maternity Unit is accredited to the standards of the Baby Friendly Hospital Initiative (BHFI), established jointly by the World Health Organisation and the United Nations Children's Fund and voluntarily adopted by the NZ government to promote successful breastfeeding.

Breastfeeding Advisor

The Breastfeeding Advisor provides breastfeeding information and support for pregnant women, new mums and their whanau/families within Timaru Hospital's Jean Todd Maternity Unit and at home to enhance and lengthen the duration of the breastfeeding experience.

- Breastfeeding education sessions during the antenatal period;
- One-on-one contacts in the Jean Todd Maternity Unit or in the community;
- Postnatal visits and telephone support;
- Referrals taken from your midwife or Well Child/Tamariki Ora provider;
- Self-referrals welcome.



Breastfeeding help is co-ordinated by the Lactation Consultant Pauline Hole. Pauline has been an International Board Certificated Lactation Consultant (IBCLC) since 1993 and has worked both in the hospital and in the community. She is also an accredited Baby Friendly Hospital Initiative (BFHI) trainer and assessor, an enrolled nurse and a La Leche Leader.

For more information contact:

Breastfeeding Advisor Pauline Hole or Clare Hargest-Slade at the Jean Todd Maternity Unit:
03 687 2100 ext 8966
or 027 491 0865



BreastfeedingWorks Counsellors

These counsellors are mums who have been trained to support breastfeeding mothers. "BreastfeedingWorks!" counsellors are able to help you with the ups and downs of breastfeeding. No question is too small!

How can a "BreastfeedingWorks!" counsellor help?



By:

- Providing breastfeeding information during your pregnancy;
- Helping you find solutions to challenges via telephone, txt, email or home visits;
- Helping you join a "Breastfeeding Works!" group in your area, so that you can meet other mothers;
- Referring you to health professionals eg the Lactation consultant.

Breastfeeding is great for you and your baby, so get to know a "BreastfeedingWorks!" counsellor near you in: Timaru, Waimate, Temuka, Seadown, Claremont/Taiko, Geraldine/Peel Forrest, Ohau, Twizel, Fairlie, Omarama!



For information about this confidential free service, "BreastfeedingWorks!" support groups and counsellors -

Contact: "BreastfeedingWorks!" educator
Claire Hargest-Slade
Ph: 03 6843625 or 021 493863

Timaru Temuka Seadown BFW's
Counsellors:



Inez Wilson -Highfield, Timaru
Ph 027 546 1885 or 686 9351



Erin Butchers - Timaru
ph 027 635 3500 or 688 9037

Sarah McCord - Timaru
Ph 027 420 0899 or 686 2393



Sarah Hutton, Timaru
Ph 021 167 6731 or 688 9562

Audrey McNeill - Highfield, Timaru
Ph 027 389 3690 or 684 3683



Alicia Cunningham
Ph 027 443 3003 or 686 1684



TEMUKA/SEADOWN BFW's Counsellors

Rhiannon Fitzgerald- Temuka
Ph 021 397 788 or 615 5502



Joanna Baxter- Seadown
Ph 027 606 4917 or 688 2223



Suzanne Talbot - Claremont/Taiko
Ph 027 201 4273 or 686 2515

"Breastfeeding Works!"



Waimate BFW's Counsellor
Sheryl Roberts
027 228 5597 or 03 689 4824



Geraldine/Peel Forrest BFW's
Counsellor
Sarah Hammon
021 622 775 or 03 693 9893



High Country BFW's Counsellors

Ohau/Twizel
Linko Inkersell
027 249 7555 or 03 438 9663



Twizel/Omarama
Deidre Sutherland
027 686 8879 or 03 438 9474



Fairlie
Chrissie Bell
027 348 7133 or 03 685 8415

Well Child Health Services

The Well Child/Tamariki Ora Programme helps parents and caregivers keep children well by providing:

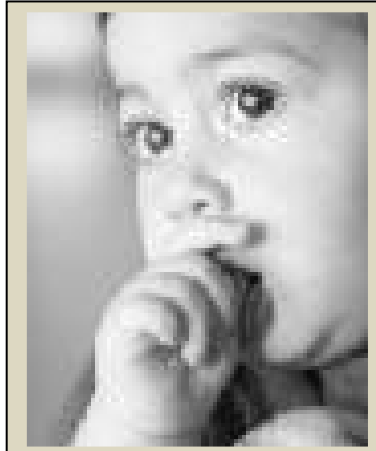
- support
- information and advice
- regular health checks as your baby grows.

The following are some of the organisations in South Canterbury that offer Well Child/Tamariki Ora health checks, along with their additional services.

Community Oral Health Services

- The Community Dental Service provides free dental services delivered at school based clinics throughout South Canterbury for pre-school children.
- We encourage enrolment of pre school children by age 15 months.
- Dental Therapists are professionals trained to provide the free dental services for all children to help prevent tooth decay.
- We provide dental health advice and general advice on dental care.

For any further local information or enrolment ph:
03 615-0005 or 0800 Tiny Teeth
(0800 8469 833840)



Well Child/Tamariki Ora Checks

Well Child/Tamariki Ora checks should be done by a nurse, doctor, or midwife who has been specially trained to do immunisation and child screening checks of babies and children.

Well Child/Tamariki Ora health workers include midwives, nurses, doctors, community health workers, home visitors, parent educators, pharmacists, dental therapists and vision/ hearing testers. These health workers are all there to help you bring up a healthy, happy child.

Smokefree Services

Being Smokefree gives your baby a safer start in life, and it's never too late to quit!

Your smoking affects your baby in ways which are hard to see but can last a lifetime



The Community Smokefree Team offer 1-on-1 support and subsidized Nicotine Replacement Therapy using patches, gum and lozenges. NRT helps relieve the withdrawal symptoms associated with giving up smoking, and is safer than smoking when you are pregnant or breastfeeding. An eight week course of NRT costs only \$3, and the follow-up from the Smokefree Team is free.

We work alongside Aukati Kaipaipa (smoking cessation for Maori) and Quitline to ensure you get the treatment that is right for you.

We welcome referrals from you, your midwife or your GP and can give you and your family/whanau on-going support and advice to help you

BARBARA GILCHRIST - SMOKEFREE FACILITATOR – SCDHB

Woollcombe House
18 Woollcombe St,
Timaru

Ph 03 687 2335
Fax 03 687 2336
Mob 027 463 3427

Email: bgilchrist@scdhb.health.nz

Plunket

Mid-South Canterbury provides a free Well Child health service to families with children aged 0-5 years. Self-referral is encouraged.



This service is provided by a team of people including a specialist Well Child health nurse (who is a registered nurse), a Karitane and a volunteer group. Plunket nurses and Karitane provide information and support on feeding/nutrition, development, behaviour, unsettled babies, maternal and childhood illness and disabilities. Volunteers support them in this work and provide car seat rental schemes, safety information, playgroups, social groups, music & movement and toy libraries.

Plunket Family Centre

3 Dee Street, Timaru

Phone: 03 684 4967

Hours: Mon-Wed 9.30am-4.00pm (except public holidays)

Thursday: Feeding & Changing only 10.00-3.00pm

Friday: Feeding & Changing 11.00-3.00

Free service and information, appointments required

- PEPE (Parenting Education Group) held twice weekly
- DVD Video & book lending library
- Premature baby kits available
- Breast Pump loan/hire
- Playgroups are held each Thursday between 10-11.30am and 1-2.30pm

Our Family Centre is staffed by a community Karitane.

We specialise in:

- Breastfeeding
- Feeding/nutrition
- Unsettled babies / Sleeping difficulties
- Child behaviour
- Parenting issues
- Postnatal distress

PEPE: Your Growing Baby

This is an informal discussion group for first-time parents run by a trained facilitator. The group consists of 8-10 parents and runs for six 2-hour sessions.

Topics covered include:

- Breastfeeding
- Maintaining maternal health
- Immunisation
- Coping with crying
- Development and play
- Safety
- Settling and Sleep
- Parenting styles
- Nutrition
- Caring for a sick child, when to call the Doctor
- Feelings of the new mother
- Building a relationship with your baby
- Baby Massage
- Support services available in the community

Other Parenting Education courses run on an intermittent basis
eg: Toddler behaviour management,
Toilet training

Plunket Playgroups and Support Groups

For up to date information on the numerous playgroups and support groups provided by Plunket in your area, please contact Plunket Area Office 03 688 3520 or Community Services Leader Jane Denley 03 615 8964 text 027 279 1093 or email jane.denley@plunket.org.nz

All enquiries to the Plunket Family Centre at 03 684 4967.



Plunket Car Seat Rental Scheme

All Plunket Car Seat co-ordinators are Qualified Technicians who will provide you with up to date, accurate information about the best child restraint for your child, and install the restraint for you.

It is advisable to pre-book a seat by ringing one of our Plunket Car Seat Co-ordinators. Ideally it is advisable to arrange pick up 2 weeks prior to your baby's due date.

Plunket hire a range of infant seats, Snap & Go, wheels for short term hire or long term rentals. We also stock a range of car seat accessories, and sell Booster seats.

The Timaru Car Seat Rental Scheme operates from the Highfield Plunket Rooms, Cnr Wai-iti Road and Kiwi Drive Timaru.

Hours:

Mondays 10.00am – 12.30pm

Thursdays 9.00am – 1.30pm

Phone 03 684 4459

Plunket Car Seat Co-ordinators are:

Fairlie	Leah Whitehead 03 685 8487
Geraldine	Wendy Patrick 03 693 9187
Omarama	now joined with Twizel
Pleasant Pt	Margaret Mills 03 614 8938
Temuka	Janice Chong 03 686 3244
Timaru	Debbie Kingan 03 684 4459
Twizel	Christine Lavery 03 435 0557
Waimate	Tania Paul 03 689 7626

Contacts in each area:

Timaru

Debbie

03 688 4940

Pleasant Point

Margaret Mills

03 614 8938

Fairlie

Leah

03 685 8487

Geraldine

Wendy

03 693 9187

Temuka

Plunket Rooms

03 615 7845

Twizel

Christine

03 435 0557

Waimate

Tania

03 689 7626

He Oranga Pai Health Clinic

Hours: Mon-Fri, 8:30am-5.00pm
Clinics: Mon-Fri, 8.30am – 5.00pm
Location: Arowhenua Marae
Huirapa Street, Temuka
Phone: 03 615 7452
Fax: 03 615 7459
Email: helen@heorangapai.co.nz

We are a marae-based Maori health provider offering free, confidential and culturally safe primary health services to anyone in the Aoraki region regardless of ethnicity.

Our services include:

- Tamariki Ora/Well Child service for 0-5 year olds by self-referral or referral from your midwife or family doctor
- Health assessments
- Marae-based health clinics
- Mental health services
- Rakatahi/adolescent health services
- Screening and referral services
- Health education and promotion
- Home health visits
- Flu vaccination

We work with:

- Tamariki/children
- Rakatahi/adolescents
- Pakeke/adults
- Kaumatua/elderly
- Whanau/families
- Health and community agencies

Who can refer to our service: **Anyone**



Clinics Held at:

Timaru -

Te Aitarakihi,
Bridge St
Thursday 10-2 pm

Waimate -

St Johns Hall,
Sherman St
Tuesday 1-3pm

Twizel -

Te Whare Mahana
First Friday of
every month
12-2pm





Financial Assistance

Work and Income

(Te Hiranga Tangata)

Work and Income offer several forms of assistance, usually for those on lower incomes. However, some assistance is available in other circumstances, for example multiple births:

- Sickness Benefit – if you can't work temporarily because of sickness, injury, pregnancy or disability;
- Accommodation Costs – to help with rent, board or cost of owning a home;
- Childcare Costs – if you are working, training or ill;
- Domestic Help – particularly in the case of a multiple birth;
- Community Services Card – this can help with medical costs;
- Domestic Purposes Benefit – for parents on their own.

Work and Income have a range of very helpful booklets which are available from their offices on Strathallan Street

Inland Revenue

Parental Tax Credit

This is a payment for a newborn baby for the first eight weeks or 56 days after the baby is born. How much you can get depends on: your total family income before tax, the number of dependent children in your care, the age of these children, and the number of newborn children per year. You can get up to \$150 a week for the first eight weeks or 56 days after the baby is born.

To find out more:

Ph 0800 227 773

8.00am-8.00pm weekdays, 9.00am-1pm

Saturdays, or visit www.ird.govt.nz

Working for Families Tax Credits

These are an entitlement for families with dependent children aged 18 or younger. It includes four different types of payments (tax credits). You may be entitled to more than one type of payment. The types of payment you can get depend on: how many dependent children aged 18 or younger you have or care for; your total family income; where your family income comes from; the age of the children in your care, and any children you share care for. The Inland Revenue Department (Beswick St., Timaru) has a very helpful booklet (IR200) outlining financial assistance.

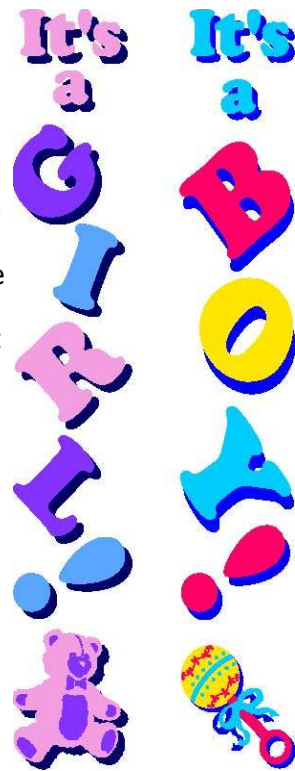
To find out more:

Ph 0800 227 773

8am-8pm weekdays,

9am- 1pm Saturdays,

or visit www.ird.govt.nz.





Other Useful Information

Natural Fertility NZ, Inc.

Phone: 0800 178 637. Website:
www.naturalfertility.co.nz

Natural Fertility NZ provides personalised fertility awareness education for women and their partners during their fertile years.

By learning the sympto-thermal method women can identify the fertile phase of their menstrual cycle and use this personalised information as a natural contraceptive method or as a valuable aid when trying to conceive.

With this understanding of their own unique fertility women are better equipped to make informed decisions when choosing a contraceptive method. They also become aware of the importance of protecting their fertility for the future.

The lactational amenorrhoea method (LAM) is a reliable, well researched, natural contraceptive method for breastfeeding women.

Natural Fertility educators provide guidance and support during the use of LAM to help a breastfeeding mum monitor her returning fertility. They will also advise when breastfeeding can no longer be used for contraception.

LAM is approved by the World Health Organisation and is scientifically proven to be at least 98% effective.

Timaru Parents Centre

Parents Centre is a nationwide organisation established by parents for parents. Each centre is organised by a local volunteer committee of parents who plan and run programmes to meet the needs of their own community. Joining Parents Centre is an excellent way to meet other parents in your area.



Classes are available to everyone but you must book in. Those who join as members receive a bi-monthly newsletter, Kiwi Parent Magazine (published by Parents Centre New Zealand) and discounts at various stores throughout Timaru.

*For course information
Phone 03 684 5348.*

Antenatal Classes

An eight-week course (one 2-hour session per week) with a nationally-trained childbirth educator to give information on all aspects of childbirth.
See page 22 for more details.

Coffee/Support Groups

Informal support groups give parents the chance to meet other parents, establish friendships, and help adjust to their new life as parents. Parents Centre is known for creating long-term coffee/playgroups from each antenatal course.

Baby & You Course

Baby & you is a 5 session support programme for parents of new babies 0-4months old. The course covers:

> Changes – pre birth expectations and postnatal realities, physical, emotional and relationship changes, coping with changes and self care strategists.

> Feeding – Mothers diet and health care need, successful infant feeding practices, emotional issues surrounding infant feeding practice. Handling other people’s advice and strategies for solving feeding problems.

> Touch – discover benefits of infant massage, practical infant massage techniques, establishing a time and place for massage.

> Sleeping & Crying – sleeping and crying behaviours in infants, strategies or solving problems, meeting the physical mental and emotional needs of baby, recommended sleeping positions and coping on less sleep.

> Learning for Life – identifying key development milestones in baby, age appropriate toys, games and activities, stimulating baby’s development at this age group.

For more information contact
Keely on 03 683 1700

Focus Evenings

Held throughout the year with topics including nutrition, child health, CPR, sexuality and your child, homeopathy, decorating children’s rooms, establishing family traditions.

Library

We purchase new books every year to keep our library current - includes many topics.

Premature Baby Kits

Contain half-size nappies, gowns, matinee jackets; available for low birthweight or premature babies throughout South Canterbury.



Music and Movement

(see also page 40)

An opportunity for you and your preschoolers to share the fun of music.

Ph Kim 684 5697 for information

Mondays & Fridays 0-2 years
9.15-9.45am

Wednesday 0-5 years
1.30 – 2.00

Fridays
10.15-10.45am 0-5 years

Place: Sacred Heart Parish Centre
9 Napier Street Timaru

\$2.00 per session for Parent Centre members and
\$4.00 for non members

Music for Tots

Followed by playgroup with a craft
Friday 9.30am Olive Slater
Temuka Baptist Hall
Denmark St Temuka
Ph 614 7685 \$1.00/child

Music Sessions South Canterbury

Music groups aim to provide an environment where preschool children develop skills to enhance their preschool education through the use of music, rhythm, rhyme, and other music-related activities with the participation of a parent or primary caregiver. (see Parent Centre Music & Movement p 39 too).

Mainly Music:	\$3.00/family
Monday 10 am	New Life Church Hall
& 1 pm	134 Morgans Road, Timaru
Anne Uys	03 686 1505
Tuesday 10 am	Wilson Street Baptist Hall
Julianne Darling	17 Wilson Street, Timaru
	03 6143752
Thursday 10 am	Salvation Army
Jane Fergusson	206 Wai-iti Road, Timaru
	03 684 7139
Friday 10 am	St John's Anglican Church
Patricia Hughes	125 Wai-iti Road, Timaru



Plunket Music & Movement

\$2 per child or \$3 per family	
Monday 10.30 am	Pleasant Point
Dale	Anglican Hall Munro St
	Ph 6148 044
Tuesday 10 am	The Women's Wellness
Margaret	Centre 14 Butler St,
03 686 1071	Timaru (Margaret)
	03 686 1071
Tuesday 10 am	Waimate Plunket Music & Movement
Trish Lapthorne	Manse St Waimate
	Ph 03 689 6065
	\$2.00/family



Timaru Multiple Birth Club

The Timaru Multiple Birth Club is an affiliated club of the New Zealand Multiple Birth Association. The club is run by parents of multiples, for parents of multiples. We are a voluntary organisation that seeks to assist multiple birth parents in the following ways:



- providing support and encouragement to the expectant parents;
- organising a buddy system with another multiple family for on-going support and assistance if required;
- providing equipment (e.g. twin feeding pillows, buggies, etc.) for hire at reasonable rates;
- providing information from our library of books and videotapes;
- obtaining discounts from local businesses for members;
- bi-monthly newsletter which includes articles of interest, meeting dates and locations, birthdays.

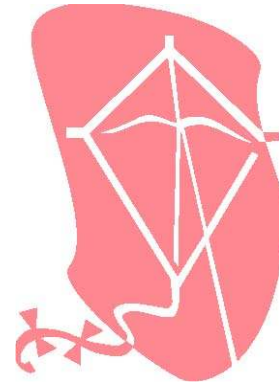
Social Outings and Meetings

Daytime get-togethers are held once a month

Contact: 0800 4 TWINS
0800 489 467
www.multiples.org.nz
to contact current co-ordinator

Relationship Services

16 Beswick Street, Timaru
Phone: 03 684 3512
0800 RELATE (0800 735 283) Website:
www.relate.org.nz
Email: timaru@relationships.org.nz



Relationship Services aims to help people build successful relationships between partners, within families, in the workplace and in the community. We help individuals find their own solutions to the pressures, frustrations and stresses faced in their daily lives.

As you move through different stages in your relationships –

- *Developing relationship skills*
- *Becoming partners*
- *Building quality relationships*
- *Becoming a parent*
- *Resolving problems*
- *Dealing with violence*
- *Moving on and rebuilding*

– We offer a wide range of education services on family and relationship topics, as well as professional and confidential counselling services.

Our range of services includes:

- Counselling – for individuals and couples experiencing relationship difficulties
- Conciliation – to help separating and divorcing couples make decisions about the future
- Mediation – to resolve disputes in families, neighbourhoods and workplaces
- Education Courses – for individuals and couples to develop skills on a wide range of relationship issues

- A range of self-help booklets and videos.

Cost of Services

We do charge fees for our services. However, funding from Government agencies and charitable trusts helps keep fees low. And no one is turned away because they can't afford to pay.



Becoming Parents

The nature of families has changed considerably over the years. Today, with people delaying marriage, postponing having children and more people choosing to separate or to live alone, there are many different types of families.

Whatever your family/whanau situation, Relationship Services counsellors can help you learn to relate to your children in a positive way and become more effective parents.

They can help you:

- Explore your own parenting and how it affects what you do with your children;
- Identify your children's needs and develop strategies to meet those needs;
- Build positive self-esteem in you and your children.

Relationship Services also:

- Run "parenting through separation" courses.



Enjoying Parenting

Children learn about good relationships by experiencing them and seeing them in action in their own family/ whanau setting. Here they learn from their parents about love, values, self-discipline, goal setting and setting limits.

Many people believe they should automatically know how to be a parent, but parenting can be a demanding challenge. It's often said that it's one of the hardest jobs, but the one you don't get special training for.

And yet every parent wants to be a good parent. Parents can benefit from learning relationship and communication skills in parenting programmes — skills that will come in useful in their wide-ranging role of teacher, entertainer, law enforcer, referee, expert and counsellor.

With such high demands placed on parents it's easy for a couple's relationship to suffer. Parenting programmes are also about protecting adult relationships and adult rights.

**Timaru District
Children's Library**

Enrich your baby's environment with books, music and more! Free membership for all South Canterbury children with specialist help.

Books for Babies:

Collections include board books, concept books, tactile books, picture books in English and Te Reo Maori.

DVD's: Baby Genius and Baby Einstein series, Elmo's World, Maisy, Wiggles, Blues Clues, Caillou and other popular TV characters

Music: Tapes and CD's of nursery rhymes, lullabies, popular sing-along and old favourites

CD ROMs: Fun education materials for early learning and beyond

Storytelling: Weekly pre-school sessions

Issues Collection: Picture books dealing with issues such as family problems, bereavement and health problems. Get well bags for sick or housebound children.

Public Library Services

Certificated as Breast Feeding Friendly

Geraldine Library/Service Centre

78 Talbot Street, Geraldine

Phone: 03 693 9336

Hours: Monday–Thursday
8:30am to 5.00pm
Friday 8:30am to 6.00pm
Saturday 10.00am to 1.00pm

Temuka Library/Service Centre

King Street, Temuka

Phone: 03 687 7591

Hours: Monday–Thursday
8:30am to 5.00pm
Friday 8:30am to 6.00pm
Saturday 10.00am to 1.00pm

Timaru District Library

Sophia Street, Timaru

Phone: 03 687 7202 for renewals
03 687 7498

Hours: Mon/Wed/Fri 9.00am to 8.00pm
Tue/Thu 9.00am to 6.00pm
Saturday 10.00am to 1.00pm
Sunday 1.00pm to 4.00pm

email: Library@timdc.govt.nz

www.timarudistrictlibraries.co.nz

Waimate Public Library

Queen Street, Waimate

Phone: 03 689 6871

Hours: Monday – Thursday
9.00am to 5.00pm
Friday 9.00am to 6.00pm
Saturday 10.00am to
1.00pm

Babies and Books

What to read and how to read it, in baby's first year.

Hints on Reading to Babies

- > Have regular reading times. Before or after sleeps are good times, because baby is less active. Of course, you can still read at other times too.
- > Timing is important. Do not try to read when baby is fussy, or when you are not in the mood.
- > Choose a book that is appropriate for baby, and that you like – you will read it better than one you do not like.
- > When baby starts focusing (2-4 months) make sure they can see the pictures. Laps are perfect for this.
- > When baby gets a bit older, allow them to help. They can turn the pages of a board book if you hold all the pages but the next one in your right hand.
- > Point to and name the objects in the pictures. Encourage baby to join in, no matter how small.
- > Praise all of baby's attempts to join in, no matter how small.
- > Use your voice to make the reading interesting. A soft voice is usually best, but you can show excitement, surprise, etc. with your voice. Remember you do not need to raise your voice – baby's ear is close to your mouth.
- > At 5-9 months, baby will probably want to handle the book. Give them something else quiet to handle while you keep the book.
- > Stop when baby wants to. They will show signs such as crying, pushing to get off your lap, or arching back. Their concentration span will grow with time and practice
- > Use the pictures in a book with no story as a starting point for short conversations with baby. Talk about the object pictured and baby's experience with that object.

Reasons to Read to your Child

Because when you hold them and give them this attention, they know you love them.

Because reading to them will encourage them to become readers.

Because today children's books are so good, they're fun even for adults.

Children's illustrations often rank with the best, giving them a lifelong feeling for good art.

Books are one way of passing on your moral values to them.

Readers know how to put themselves in another's shoes.

Because until they learn to read themselves, they will think you are magic

Because every teacher & librarian you encounter will thank you.

Your Voice

Talk to Baby

Baby will enjoy hearing you speak in a pleasant tone. Talk to baby, tell stories, recite poems and nursery rhymes, sing songs and lullabies, and read aloud. It does not matter what you read to a newborn baby – it is the sound of your voice that matters.

Nursery Rhymes and Songs

Don't worry about your singing voice, baby will not mind! Babies love rhythm, rhyme, and repetition found in nursery rhymes, songs and poems. As nursery rhymes are about everyday things, you can easily make them part of baby's routine, eg. "Rub a Dub Dub" at bath time, "One, Two, Buckle My Shoe" when dressing.

> At 7-14 months, start showing a real object with the picture. In time, baby will make the connection

> For books with a story, you can elaborate on the parts the baby seems interested in, or may not understand, and perhaps change the names of the characters to suit your family.

> When you are not reading, prop some books within baby's view but not within reach. It will be easier to teach them how to handle books if they do not think of them as toys. Rubber bands will hold pages open.

> You do not need to read a new book each time. Babies love repetition.

> Noise and movement will distract a baby, so avoid these in the place where you read to baby.

Hints 1-10 adapted from *A Shared Responsibility*, by Barbara N Kupetz; School Library Journal, July 1993, pp28-31

Point and Say Books

You can use any book with bright, clear, realistic pictures or photos of things baby sees often, e.g. fruit or toys. Apart from board books you can use magazines or picture books. Alphabet and counting books are very good for 'point and say'. The best books for point and say have only one object per page.

Pop-up Books

These can be used once baby is focusing (2-4 months) until they start grabbing. Then put them away until baby can understand why they must not grab the pop-ups (about 2 years).

Touch and Feel Books

These have different textures to feel on each page. Use them when baby starts exploring with their hands. Touch and feel books are easy to make – simply attach various things (e.g. towelling, feathers) to sturdy pages.

Board Books

These have pages made of thick card, so they can stand up to grabbing hands. As well as point and say titles, you can use short, simple stories about everyday things. Rhyme, rhythm and repetition will help keep baby's attention, as will pictures of faces, and stories with family characters. High contrast pictures are excellent for the first few months when baby is not yet focusing.



Noise Books

When baby starts playing with sounds, books with noises to copy are fun, e.g. animal noises.

Photograph Albums

Baby will enjoy photos of themselves and their family.

Games

Finger games, clapping, knee jogging, etc. are great fun for baby. "This Little Pig Went to Market," compiled by Norah Montgomerie, is a good source of such games.

Buying Books

All of the books previously described, apart from photo albums, are available at your library. The best books to buy, because they will be useful for years, are collections of nursery rhymes and children's songs.

Toy Libraries- Hire fees apply



Aoraki Plunket Community Toy Library

Gleniti Baptist Church Building

46 – 57 Gleniti Road, Timaru

Summer Hours: Saturday 10.30am – 12.30pm
Wednesday 5.00pm – 6.30pm
Thursday 10.00am – 11.30am

Winter Hours: Saturday 10.30am – 12.30pm
Tuesday 10.00am – 11.30am
Thursday 10.00am – 11.30am

Hours coincide with Daylight Savings

Contact Toy Library Librarian 027 828 8667

OR Plunket Community Services Leader

Jane Denley 03 615 8964

Temuka Plunket Toy Library

Plunket Rooms

Hours: Weds & Sat 10:00am to 11.30am

Contact: Mary 615 7845 in open hours

615 7849 A/H

Twizel Plunket Community Toy Library

At Plunket rooms, Twizel

For more information please contact Jane Denley

Community Services Leader 03 615 8964

All children need to play. It develops coordination, fine motor skills and it's fun! Now your child can have access to a wide variety of toys for a minimal cost.

- > baby toys, baby gyms, exersaucers
- > puzzles and games, building blocks
- > DVDs, educational and musical toys
- > ride-on and climbing toys
- > dollhouses, tea sets, role play toys
- > cars and trucks



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