

# FREE health and wellbeing checks for your child



## Hawke's Bay information guide

The Well Child Tamariki Ora Programme is a package of free health services available for all New Zealand children from birth to right before they start school. It includes:

### Family/whānau care and support

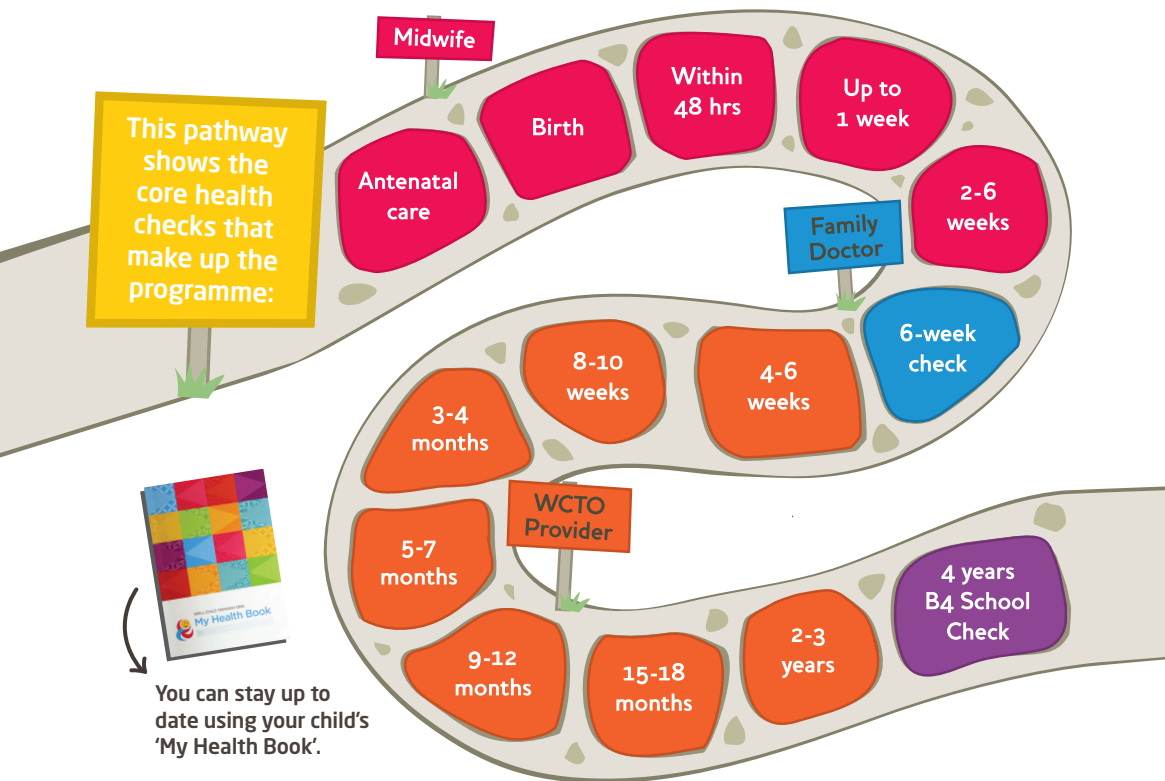
Help with breastfeeding, safe sleep advice, smokefree support and connecting your family/whānau with community services.

### Health and development assessments

Behaviour, vision, hearing, oral health and immunisations.

### Health education

Helping you understand the different stages of your child's development.



## Well Child Tamariki Ora Hawke's Bay providers

Families/whānau in Hawke's Bay have three different Well Child Tamariki Ora providers to choose from:



### Te Taiwhenua o Heretaunga

**CHB, Hastings, Napier**

Provides Well Child Tamariki Ora whānau ora services including B4 School Check, breastfeeding support, and immunisations.

[www.ttoh.iwi.nz](http://www.ttoh.iwi.nz)

**Ph: 0508 TAMARIKI**

**Email:** taiwhenua.heretaunga@ttoh.iwi.nz



### Kahungunu Executive

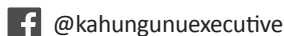
**Wairoa**

Provides Well Child Tamariki Ora whānau ora services including B4 School Check, breastfeeding support, and immunisations.

[www.kahu-exec.co.nz](http://www.kahu-exec.co.nz)

**Ph:** 06 838 6835

**Email:** kahu-exec@xtra.co.nz



### Plunket Hawke's Bay Hawke's Bay

Provides home and clinic-based free services throughout Hawke's Bay.

[www.plunket.org.nz](http://www.plunket.org.nz)

**Ph:** 06 870 5009

**Email:** hawkesbay@plunket.org.nz



## B4 School Checks

The B4 School Check is a free health and development check for your four-year-old. It's the last Well Child Tamariki Ora check and helps give your child the best start at school. Remember to take your child's My Health Book with you to the check.

If your child is with Plunket the B4 School Check is scheduled with the nurse at your GP (family doctor) practice.



Pathway graphic courtesy of



**The Immunisation  
Advisory Centre**

