



FREE Health and Wellbeing Checks for Your Child

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

Health & 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

Ph: 0508 TAMARIKI

Email: taiwhenua.heretaunga@ttoh.iwi.nz

Facebook: Te Taiwhenua o Heretaunga

Kahungunu Executive

Wairoa

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

www.kahu-exec.co.nz

Ph: 06 838 6835

Email: kahu-exec@xtra.co.nz

Facebook: @kahungunuexecutive

Plunket Hawke's Bay

Hawke's Bay

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

www.plunket.org.nz

Ph: 06 870 5009

Email: hawkesbay@plunket.org.nz

Facebook: @PlunketHB

B4 School Checks

The B4 School Check is a free health and development check for your 4-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**

