

Support Available

Social Workers/Counselling Support

Our social workers can assist you with practical, personal and emotional issues in pregnancy.

North Shore: ☎ (09) 486 8920, ext. 2533 or 2718

Waitakere: ☎ (09) 839 0000, ext. 7608 or 6229

Maori Health Service

☎ (09) 489 0553

Asian Health Support Service

North Shore: ☎ (09) 486 8314

Waitakere: ☎ (09) 839 0000 ext. 6831

Pacific Island Support Service

☎ (09) 837 8836 ext. 6836 or

☎ (09) 837 8834 ext. 6834

Chaplains

Chaplains offer emotional and spiritual support, counselling and religious rituals such as blessings and karakia.

Call the hospital operator: ☎ (09) 839 0000

Further information

Visit Healthpoint at www.healthpoint.co.nz

or Waitemata DHB at www.waitematadhb.govt.nz



Visitors

During labour and birth, you can choose who you need to support you. After birth, we restrict visiting hours from 2–4pm and 6–8pm to ensure you have time to rest and bond with your new baby.

Your partner or another key support person can visit from 7am–9pm (overnight visiting can be arranged for special circumstances).

Please make sure your friends and family are aware of visiting times, so they are not disappointed.

Going Home

If you are travelling by car you **MUST** take your baby home in a car seat. There are several organisations who offer a rental system. They include The Baby Factory, Baby on the Move and Sweet Beginnings.

Plan to leave by 11am on the morning you go.



Waitemata
District Health Board

Best Care for Everyone

Classification number: 010-02-01-009 (Review date: September 2020)



Waitemata
District Health Board

Best Care for Everyone



Waitemata Maternity Services

Helpful information for your stay

This leaflet provides information to help you prepare for your hospital stay.

Free Maternity Care

Maternity care is funded for New Zealand citizens, permanent residents, and some women with specific visas. You will be asked to provide documentation to show that you are eligible for funded healthcare.

If you are not eligible for funded care we are able to provide maternity care for a fee. For further information contact: ☎ (09) 486 8900, ext 3726.

Virtual tour

A Virtual Tour is available online, go to www.healthpoint.co.nz and type Virtual Maternity Tour into the search bar. The tour covers information on both North Shore and Waitakere maternity units.

You and your family/whanau can take the tour as many times as you like to get a feel for the facilities available.

Smokefree

Smoking is harmful to you and your baby. We are here to help you when you are ready to stop, with advice support and nicotine replacement. Talk to your LMC or contact our Smokefree Pregnancy support services.

☎ Procure 0800 500 601

☎ 021 243 2146

Parent Education

Waitemata DHB offers FREE classes with information about pregnancy, childbirth, early parenting and breastfeeding. Partners and family/whanau are welcome to attend with you. It is essential to book your classes early as they are very popular.

To book the classes go to our parent education website www.mokopunaora.nz click on 'Pregnancy Tips' then open the 'Pregnancy and Parenting' education page and click on the link to North Shore Hospital and Waitakere Hospital. Or phone: ☎ (09) 486 8920, ext. 3048

Breastfeeding

North Shore and Waitakere Hospitals are Baby Friendly Hospitals. We support and encourage breastfeeding.

You will be encouraged to hold your baby skin-to-skin; have your baby sleep in a cot beside your bed; feed your baby when he or she shows signs of hunger; and feed your baby breastmilk only. These have all been shown to help get breastfeeding off to the best start.

Female Doctors

Whilst many of our maternity doctors are women, we are not able to guarantee treatment by a female doctor.

Things to Bring to Hospital

For labour

- Any medication you are currently taking
- Comfortable loose fitting clothes (baggy T-shirt, lava lava), socks
- Drinks (water is best, however isotonic drinks may be helpful)
- Snacks (fruit, yoghurt, crackers), and coins for vending machine
- Birthing music – we recommend you bring your speaker (with charger)
- Any personal remedies including massage oil
- Camera
- Mobile phone, with credit and charger
- Pens

For you

- Day clothes (which open easily for feeding)
- Nighties or pyjamas or lava lavas
- Comfortable well-fitting bras
- Breast pads
- Old or disposable knickers
- Maternity sanitary pads
- Toiletries

For baby

- Some nappies
- Clothes (babies need several layers of clothing – one more layer than you to keep warm)
- Hats and booties
- Baby blanket and muslins
- If you are planning to bottle feed and have discussed this with your LMC, please bring your own infant formula, bottles and teats

Please leave all valuables at home.