



**Te Piki Oranga**  
MĀORI WELLNESS SERVICES

## **Ngā Pūkenga Hauora Tamariki Ora** *Well Child Tamariki Ora Services*



**Supporting mothers and babies under five years of age with their immunisation, well-child checks, breast feeding and smoke free environments.**

All tamariki in living New Zealand are eligible for this programme, which is specifically designed for Māori. We offer assistance to improve and protect the health of kōhungahunga and tamariki from birth to four years. Let us help maximise their developmental potential so they can establish a strong foundation for long-term health.



## Tamariki Ora includes:

### Health and development clinical assessment

Regular visits with your Tamariki Ora nurse at key development stages that help identify health, disability and/or developmental needs.

### Whānau care and support

Establish an ongoing care plan with goals for the needs of kahungahunga and tamariki within their own whānau that include referrals to other related services as they come up.

### Health education

Information for mum and tamariki as both move through their early years together toward long-term health and wellbeing.

## Choosing Tamariki Ora

The lead maternity carer can refer tamariki and their whanau before mum leaves the maternity hospital. Written referrals should occur before the end of the fourth week following birth. Older tamariki can be referred if they are new to the country, have moved recently, or if they've not engaged with a Well Child/Tamariki Ora provider yet. Self-referrals are also accepted.

## Contact us:

To access healthcare services for yourself, whānau/client:

**Phone:** 0800 672 642

**Web:** [www.tpo.org.nz](http://www.tpo.org.nz)

 [Facebook.co.tepikioranga](https://www.facebook.com/tepikioranga)

Call or visit one of our health hubs:

**Motueka:** 03 528 1046

**Whakatū:** 03 546 9099

**Wairau:** 03 578 5750