



Infant health services in New Zealand

Sally Merry
Infant Mental Health Day
Werry Centre
16th March 2007

Antenatal/postnatal services

- Midwives/shared care
- From start of pregnancy to 6 weeks post-natal
- Issues
 - Time available to address social/emotional and physical needs
 - Time in hospital/birth centre after delivery
 - Time available at post-natal visits

Tamariki ora

- WellChild / Tamariki Ora is about babies, infants, toddlers and pre-schoolers under 5 years old and keeping them well, growing and developing to their fullest potential.

Well Child/Tamariki Ora

- 3 parallel streams
 - Health education and promotion
 - Health protection and clinical assessment
 - Family or whanau care and support
- For birth to 15 months this includes
 - Promotion of parenting skills
 - Education and promotion of infants' developmental needs.
 - Dealing with caregiver stress and fatigue.
 - Ensure resources are:
 - Culturally and socially appropriate
 - Delivered in a culturally and educationally appropriate manner
 - Assessment of parental relationship with the child

Tamariki Ora

- Core visits available
- Often a targeted to service to decile 7-10 areas
- Difficulty accessing those most at risk
- ?barriers for Māori and Pacific services

Family Start

- Established in 1998 as part of a wider strategy to strengthen families.
- It provides intensive, home-based support services for families with high needs, to ensure that their children have the best possible start in life.

Family Start

- The aims of Family Start are to:
 - improve health, education and social outcomes for children
 - improve parents' parenting capability and practice
 - improve children and parents' personal and family circumstances.

Family Start

- Family Start is funded and managed by the Ministries of Education and Social Development. The programme is delivered by contracted service providers.
- Family Start complements the work undertaken by agencies throughout New Zealand such as Plunket and Well Child Tamariki Ora.

Family Start

- The Family Start programme is aimed at the 15 percent of the population most at risk of poor life outcome
- Aim to ensure at least 5% take part in the programme
- from 6 months before the birth of a child up to one year after.
- Participation in the programme is voluntary.

PAFT



- The Parents as First Teachers (PAFT) programme in New Zealand is a parent education and support programme that helps parents understand how their infant develops and learns and how best they can help their child reach his or her full potential.
- PAFT provides free, practical support and guidance to families with young children. This support lasts from before birth to three years
- PAFT is funded by the Government and administered by the Ministry of Education.

PAFT

- The aim of the PAFT programme is to assist parents, to participate more effectively in their children's early development and learning.

PAFT

- PAFT can help families to:
 - understand how their child grows and develops
 - encourage their child's growth and development
 - ensure their child's safety and well being
 - gain confidence in their parenting skills
 - get the support and professional assistance they may need for their child's health and development

PAFT

- PAFT can help a child to:
 - develop good language skills
 - increase his or her ability to problem solve
 - develop social skills
 - have any potential health and learning problems detected

PAFT

- Personal visits
 - Trained parent educators
- Group meetings
- Developmental surveillance
- Connections with community resources

Ahuru Mowai

- MOE programme
 - 4 weeks orientation
 - 1 week training in Wellington
 - 2 days per year refresher
- Maori dimension of PAFT
- Uses resource Te Mahere Kaupapa Māori

Ahuru Mowai

- 5 key areas
 - *Nga korero a kui, a koro ma*
Maori oral traditions and child rearing
 - *Te ira tangata*
Maori child development based on traditional Maori values
 - *Nga ahuatanga awhina matua, hei kupenga hauora*
Maori parent support methods
 - *Tino rangatiratanga*
rights of the child and Maori self-determination
 - *He oranga ngakau*
Keeping yourself safe and well.

Blueprint Targets

Age group	Access target (percentage of the total population)
0–9	1.0%
10–14	3.9%
15–19	5.5%
20 plus	3.0%



