

Support available

Social workers / Counselling Support

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

North Shore: **(09) 486 8920**,

ext. **42533** or **42718**

Waitakere: **(09) 839 0000**,

ext. **47608** or **46229**

Māori Health Service

[Healthpoint | Māori Health Services](#)

Pacific Health Service

[Pacific Health Services | North & West](#)

Asian Health Service

[Healthpoint | Asian and Ethnic Health Services](#)

0800 88 88 30

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

For further information about our services visit the Waitematā Healthpoint links:

[Waitākere Hospital Maternity Services](#)

[North Shore Hospital Maternity Services](#)

Visitors

Waitematā maternity services recognise that the birth of a baby is a significant life event and, where possible, supports whānau to be together during this special time.

During labour and birth, you can choose who you would like to support you.

A nominated support person can be present with you 24 hours a day, 7 days a week. Please let staff know if you would like your nominated support person to stay overnight.

All other visiting is between 8am and 8pm. Siblings and other significant children are welcome to visit however all children should be under direct supervision of an adult (other than the birthing person).

Going Home

The usual length of stay after birth is from 6-48 hours. It may also be possible to have your postnatal stay in one of our Primary Birthing Centre's however this will depend on their capacity at the time. Please talk to your LMC about postnatal stay at Warkworth Birthing Centre, Helensville Birthing Centre or Birthcare Parnell.

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. For further information, speak to your LMC.

For more information on New Zealand's car seat requirements visit:

[NZTA/Child restraints](#)

Classification 010-02-01-009 (Review date: 10/2028)

Health New Zealand
Te Whatu Ora
Waitematā

Helpful
information
for your stay

Waitematā Maternity Services

Free Maternity Care

Maternity care is funded for New Zealand citizens, permanent residents, and some women/birthing people 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 still able to provide maternity care, however you will be charged a fee.

For further information speak to your LMC or visit:

[Health New Zealand | Pregnancy Services](#)

Virtual tour

A Virtual Tour is available online. The tour covers information on both North Shore and Waitākere Maternity Units.

[Waitākere Hospital Maternity Services](#)

[North Shore Hospital Maternity Services](#)

You and your family/whānau 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.

Phone **0800 569 568** or
free text 'NOW' to **590**

Email: smokefreeservices@waitematadhb.govt.nz

Parent Education

Waitematā offers FREE classes with information about pregnancy, childbirth, early parenting and breastfeeding. Partners and family/whānau are welcome to attend with you. Book your classes early as they are very popular.

Wānanga hapūtanga and wahakura weaving wānanga are offered for Māori whānau. These wānanga focus on empowering healthy pregnancy, birth and transition to parenthood through restoring kaupapa Māori traditional birthing knowledge.

To view the timetable and register for classes/wānanga visit our parenting education website:



[www.healthpoint.co.nz/
community-health-and-
social-services/community-
health/antenatal-classes-
pregnancy-and-parenting-1/](http://www.healthpoint.co.nz/community-health-and-social-services/community-health/antenatal-classes-pregnancy-and-parenting-1/)

Breastfeeding

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

You will be encouraged to hold your baby/pēpi skin- to-skin; have your baby sleep in a cot beside your bed; feed your baby when they show 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. Please discuss this with your LMC if this is something you need.

What to bring to hospital

For labour

- Any medication you are currently taking
- Comfortable loose-fitting clothes
- A water bottle
- Snacks
- A speaker and charger if you wish to play music
- Any personal remedies including massage oil (no candles)
- Mobile phone and charger

For you

- Comfortable loose-fitting clothes
- Nighties, pajamas or lava lavas
- Comfortable well-fitting bras
- Breast pads
- Comfortable underwear
- Maternity sanitary pads
- Toiletries
- Clothing, snacks and toiletries for your support person if they are planning to stay overnight

For baby

- 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
- Car seat and any other non-essential items should be left in your car until needed