

Our Tamariki Ora Nurse Provides:

Well child checks in the home as well as information and advice about pepe/tamariki/whanau health and wellbeing.



This free service provides health checks, education, support and follow-up services to all pepe/tamariki from birth to five years and their whanau/families.

We provide home based Tamariki Ora service to Whanau with pepe and tamariki aged 0-5 years within the Aoraki region.



Arowhenua Health Clinic
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Temuka

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Plunket Line – 0800 933 922
Health Line – 0800 611 116



Arowhenua Whanau Services

Providing a wide range of integrated services to all Maori and non-Maori living within the Aoraki region.

Tamariki Ora

Ahakoia he iti he pounamu
Although I am small I am a treasure



Tamariki Ora Visits

What will happen at my visit?

4 - 6 Weeks

- 1st physical check for pepe/baby
- Sleeping, crying, feeding, safety, hearing, vision, whanau/family wellbeing
- See your GP for immunisation

8 – 10 Weeks

- Sleeping, feeding, playing
- Development, safety, whanau/family wellbeing

3 – 4 Months

- Sleeping, feeding, playing
- Development, safety, whanau/family wellbeing
- Immunisation reminder

5 -7 Months

- Reading, playing, safety, feeding
- Development, whanau/family wellbeing
- Immunisation reminder – see GP

9 – 12 Months

- Movement, safety, feeding, sleeping, whanau/family wellbeing
- Oral Health (Lift the Lip)
- Hearing/Vision

15 – 18 Months

- Dental enrolment
- Movement, safety, talking, feeding, sleeping, whanau/family wellbeing
- Oral Health (Lift the Lip)

2 – 3 Years

- Talking, safety, toileting
- Feeding, behaviour, play, learning, whanau/family wellbeing
- Hearing and vision screening
- Health screening before school entry

- Encouragement and support of bonding between parent/caregiver and pepe/baby
- Your pepe/baby will be measured, weighed and physically checked by a Registered Nurse
- Breastfeeding and healthy food advice and support
- Sleeping and playing discussed
- Immunisation information shared
- Developmental progress is observed and discussed
- Hearing and vision screening
- Oral health information

- Support positive parenting and understanding child behaviour
- Advice and support with whanau/family wellbeing
- Promotion of safety at home and on the road, including car seats
- Assistance to link with early childhood education, parent education and other communit supports
- Supporting Auahi Kore/Smokefree environments for your pepe and whanau
- A time to talk about any concerns for you or your pepe/baby

