



**TOTAL**  
**HEALTHCARE**  
Diversity Equity Wellness

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## Mana 4 Mums

Pregnancy and parenthood can be a struggle for all first timers, but especially so for young women without support networks.

Total Healthcare PHO's Mana 4 Mums service provides support to young expectant mothers, under 22 years old, who are Māori or Pasifika and live in South Auckland.

The programme offers support from the time the young woman tests positive for pregnancy through to the early years of her child's development.

We help by connecting you to our maternity coordinator, who can coordinate the healthcare and wellbeing support you need during and after your pregnancy.

Your maternity coordinator can also help you access assistance you may need from social support services. The Mana 4 Mums service provides practical support with:

- booking a scan appointment
- finding a lead maternity carer or hospital midwife
- having a smoke-free and alcohol-free pregnancy
- parenting classes
- emotional health issues
- engaging with a social worker
- Well-child checks
- enrolling your baby with Plunket.

Your maternity coordinator can also liaise with WINZ and Housing NZ on your behalf, and works with agencies providing free services, such as pēpi pods, car seats and health home checks.

### Testimonial

By October 2020, 500 young South Auckland women has received help and advice through Mana 4 Mums. Here's what one has to say about the programme:

*"Especially if you're a new mum, and a young mum, you don't know what you need to do, but you feel like you need to be really independent about putting all these things into place yourself. With Mana 4 Mums they made it really easy throughout my pregnancy." Ana*

### Get in touch

If you think you are eligible for the programme or would like more information, please email our maternity services coordinator, Bijal Soni, at [bijal.soni@tamakihealth.co.nz](mailto:bijal.soni@tamakihealth.co.nz) or phone 09 274 7823 ext. 9548.



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