

## Caring for your children – Well Child Services

Well Child Tamariki Ora Provider: FREE\* for 0-4 years old



Postnatal core visits	Transition core visits	Infant and child core visits	
1. Birth	4. LMC visit	7. 8 – 10 Weeks	11. 15 – 18 Months
2. First Week Check	5. GP Team visit	8. 3 – 4 Months	12. 2 – 3 Years
3. 2 – 4 Week	6. Well Child Tamariki Ora Provider visit	9. 5 – 7 Months	13. 4 Years (B4 School Check)
		10. 9 – 12 Months	

This is a free service that will support you to ensure your child grows and develops to their full potential. Well Child Services are provided by:

### Te Puawaitanga ki Ōtautahi Trust

0800 66 99 57

Provider of a range of health, education and social services that promote the health education, culture, history and wellbeing of Māori/women and their whānau.

### Whānau Āwhina Plunket

0800 93 39 22

A nationwide provider of support services for the development, health and wellbeing of children under 5 years. Plunket provide culturally appropriate services and have diverse staffing to meet the needs of family/whanau including Plunket Nurses, Plunket Kaiawhina, Health Workers and an Asian Health Worker.

### Public Health Nursing Service

- Kaikoura Public Health Nursing Service  
03 319 5125
- Banks Peninsula Public Health Nursing Service  
03 383 6877

Offers support services to children, young people and their families with nurses based at rural facilities.

### Te Tai O Marokura

03 319 5801

Te Tai O Marokura is a kaupapa Māori Health & Social Service which provides a range of community, social and health services to people of all ethnicities living in the Kaikoura region.

For further help and support, please contact LinKIDS

### LinKIDS

Health New Zealand | Te Whatu Ora  
Canterbury Waitaha  
PO Box 1475  
Christchurch 8140

Free phone: 0800 555 121

Email: [LinKIDS@cdhb.health.nz](mailto:LinKIDS@cdhb.health.nz)

[www.cdhb.health.nz/  
health-services/LinKIDS](http://www.cdhb.health.nz/health-services/LinKIDS)

Welcome to



# LinKIDS

## Child Health Coordination Service



Information for new families  
in New Zealand





## Welcome to LinKIDS Canterbury

LinKIDS helps connect families to health services in the Canterbury region.

All preschool children in New Zealand are eligible to receive certain publicly funded health services. Your child/children may be eligible for a variety of health services such as General Practice care, immunisation, oral health services, getting ready for school and general health and wellbeing care.

However some health services may depend on immigration status. Visit the Ministry of Health website [www.health.govt.nz](http://www.health.govt.nz) and search 'eligibility'.

We have shared your information with key health services to assist in enrolment. In the following pages we will explain what these key services are and how they can help your child.

Your child's/children's health is very important to us and our aim is to ensure all families are connected with these services and can access treatment if needed.

If you do not want your child's/children's information shared with our core health services please contact LinKIDS via free phone 0800 555 121, or see full contact details on the back of this brochure.

## Day-to-day General Practice Care

You can enrol with a General Practice in Canterbury to receive \*FREE healthcare for eligible children 0-12 years.

General Practitioners (GPs) in Canterbury provide a range of free health services for children from 0-12 years and subsidised care for adults. When enrolled you have a dedicated team of doctors and nurses looking out for your health.

For more information contact:

- **Pegasus Health**  
[www.pegasus.health.nz](http://www.pegasus.health.nz) 03 379 1739
- **Christchurch PHO**  
[www.chchpho.org.nz](http://www.chchpho.org.nz) 0800 746 242
- **Waitaha Primary Health**  
[waitaha.health.nz](http://waitaha.health.nz) 0800 800 743

If you require care after-hours this is also free from 6.00pm for eligible children aged under 13 years.

- **Moorhouse Medical Centre**  
Open 8am to 8pm – 03 365 7900
- **Pegasus Health 24 Hour Surgery**  
Open 24 Hours – 03 365 7777
- **Riccarton Clinic**  
Open 8am to 8pm – 03 343 3661

**In the case of an emergency always dial 111**

## Healthinfo

This is a health information website for the general public. The information is specific to Canterbury, New Zealand. It is written and approved by local doctors, practice nurses, hospital clinician and other healthcare professionals.

[www.healthinfo.org.nz](http://www.healthinfo.org.nz)

## Immunisation

Immunisation can protect your child against harmful infections, which can cause serious complications, including death. It is one of the most effective, and cost-effective medical interventions to prevent disease.

In New Zealand immunisations are \*FREE for all eligible children. Please contact your General Practice to arrange this.

## Aotearoa Immunisation Register (AIR)

The AIR is a computerised information system that records immunisations in New Zealand. The AIR allows health professionals to quickly find out what vaccines your child has been given and ensure the right vaccine is given at the right time.

For further information about AIR visit [www.tewhatauora.govt.nz](http://www.tewhatauora.govt.nz) and search 'AIR Key documentation'

## Getting ready for school

The **B4 School Check** is a \*FREE health and development check when your child turns 4. The purpose of this check is to promote health and wellbeing in your child and to identify any challenges that may affect your child's ability to learn at school.

For more information: phone 0800 247 2123 or email [b4sc@pegasus.org.nz](mailto:b4sc@pegasus.org.nz)

A FREE Vision and Hearing Screen is also offered, and undertaken in Early Childhood Education (ECE) Centres throughout Canterbury. For children who do not attend an ECE we can arrange a screen at the Burwood Hospital Campus.

For more information or to book an appointment phone 03 383 9498 or email [VHTService@cdhb.health.nz](mailto:VHTService@cdhb.health.nz)

## Oral Health

Dental Services are provided \*FREE in New Zealand for those aged 0 – 17 years old. This includes education, assessment and basic treatment.

## Services for children 0 – Year 8

Children's dental services are provided through check-ups in schools and check-ups and treatment at purpose-built community dental clinics.

## Services for adolescents – \*FREE dental care until your 18th birthday

This service is provided by dentists and is free until turning 18 years of age.

The Canterbury District Health Board (CDHB) has contracts with a number of private dental providers in the community to provide FREE dental care to adolescents until their 18th birthday. If you enrol with one of the selected practices you are entitled to a FREE check up every 12 months and most treatments (such as fillings) are FREE of charge.

## Enrolling with a dentist

Year 8 students will be asked to choose a dentist when attending their last school-based check-up. The Community Dental Team will then pass on dental information to the chosen dentist.

See [www.cdhb.health.nz](http://www.cdhb.health.nz) and search 'Community Dental Service' for a list of dentists in your area.

For more information phone 0800 846 983 or email [commndental@cdhb.health.nz](mailto:commndental@cdhb.health.nz)

*\*FREE – all preschool children in New Zealand are eligible to receive certain publicly funded health services (including Well Child Tamariki Ora and Immunisation). However, other health services may depend on immigration status please refer to Ministry of Health NZ [www.health.govt.nz](http://www.health.govt.nz) and search 'eligibility'*