



Wāhanga 1

Hapūtanga – Ka Aha Ināianeī?

Module 1

Pregnancy – Now What?

Te Marautanga o ngā Akoranga Hapūtanga me te Mātutanga

The Pregnancy and Parenting Information and Education Curriculum



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Module 1

Pregnancy – Now What?

Tirohanga Whānui – Overview	58
Ngā Kaupapa Matua – Key Messages	60
Ngā Tatauranga – Statistics	75
Ngā Rauemi Ako – Resources	76
Rārangi Tohutoro – References	78

Tirohanga Whānui – Overview

Pregnancy is a wonderful time; however, many women may feel worried or anxious, especially as they will undergo many different changes. These changes are not only physical but also social, financial and relational, as many women are now learning to adjust to the transition to becoming a parent, telling partners, family members, friends and colleagues about the pregnancy, and relationship changes that might occur with partners during the pregnancy. Many of the women interviewed,¹ regardless of age, spoke about feeling disappointed at having let their whānau down by getting pregnant when it wasn't planned or at a younger age. Telling their parents was the most difficult part; however, in most cases, their whānau was still the most important part of their support network. Knowing how to manage relationships with whānau and their partner during this transition was important. A great number of women also described feeling disempowered when choosing appropriate care during their pregnancy, not realising they were able to choose and change their midwife. They also felt everyone involved in their care needed to be culturally aware and sensitive to their needs as pregnant women.

When working with pregnant women, it is important to inform them that, regardless of age, they will experience life changes beyond those of physiological growth and development, and that women do not necessarily experience these changes in the same way. The various entitlements, patient rights and services available to families during pregnancy also need to be highlighted.

Ngā Whāinga – Objective

The aim of this module is to provide pregnant women and their families with an understanding of the multiple changes expected during pregnancy, foetal development, pregnancy entitlements and rights in New Zealand. Other key elements of this module include pregnancy support avenues and entitlements.

Ngā Huanga Ako – Learning Outcomes

By the end of this module, participants will be able to:

- identify foetal/pregnancy stages of development and the social, emotional, relational and physical changes experienced during pregnancy
- discuss entitlements and rights regarding access to free antenatal care, and pregnancy and parenting classes
- describe some beliefs and their impact on behaviours during pregnancy and parenting.

Ngā Ngohe Whakawhanaungatanga – Ice Breaker Activities

1. Have a discussion about pregnancy-related beliefs. Participants can state what their beliefs and practices are and the educator can try to understand the core reason behind it and what benefit it has today. Share current medical information supported by the latest evidence-based research and encourage further discussion about what is similar or different between the cultural beliefs discussed. Remember that these discussions need to be carried out with care and without judgement as some women are worried about other people's lack of understanding of their cultural beliefs.
2. Discuss barriers to accessing antenatal care and then move on to pregnancy entitlements.
3. Ask mothers how they are feeling. Use this as an opportunity for further discussion.

¹PPE Consultation interviews and focus groups with Māori and young mothers, 2015.



Ngā Kaupapa Matua – Key Messages

Key Messages and Tools	Delivery Guidelines, Details and Tips	Tools
Life Changes		
<p>Life changes during pregnancy more than just physical</p> <p>Women will not only experience physical changes during pregnancy – they will also experience family, social, financial, emotional and relational changes to which they will need to transition and adjust. Explain to women and partners that the changes that they are experiencing during pregnancy are normal and can be experienced at different times during the pregnancy, as well as during subsequent pregnancies.</p>	<p><i>Give information to women about:</i></p> <ul style="list-style-type: none"> • the importance of a lead maternity carer (LMC) • financial/budgeting advice • relationships • how to talk to family members, partner, friends about the pregnancy • physiological changes 	<p>24-hour helplines</p> <p>Health Line 0800 611 116</p> <p>Plunket Line 0800 933 922</p> <p>National Depression Helpline 0800 111 757</p> <p>Text the Low Down Team for FREE on 5626</p> <p>Websites</p> <p>Mothers Matter mothersmatter.co.nz</p> <p>Mothers Helpers mothershelpers.co.nz</p> <p>Great Fathers greatfathers.org.nz/greatfathers/ thelowdown.co.nz</p> <p>Department of Labour: employment.govt.nz/er/holidaysandleave/parentalleave/index.asp</p>
<p>Telling whānau, friends and colleagues about the pregnancy</p> <p>Explain that women can share the news with whānau, friends and colleagues whenever they want.</p> <p>If the pregnant woman is young and parents are being told, this can be hard. It might be helpful to find someone they trust to support them. This could be their aunty, a school nurse, whānau member or someone else they trust.</p> <p>If the pregnant mother finds that they're not receiving the support they need from parents, partners and whānau get them to talk to their health care provider. There are a range of professional supports available through different agencies including schools and workplaces.</p>	<p>Advise the pregnant woman that whānau can be involved throughout the whole pregnancy, and this should be encouraged.</p>	

Key Messages and Tools	Delivery Guidelines, Details and Tips	Tools
<p>Managing finances</p> <p>If you come across a family that experiences financial difficulty, refer them to services such as Work and Income NZ (refer to references for details) and local budgeting services.</p> <p>Each district health board in the Auckland region has a women's health social work service that can assist families with where to get budgeting help and provide good information to families.</p>	<p>Start an open, general conversation about the family budget and what their thoughts are on reducing the family income (if both parents are working). Will one or both parents take periods off work? Do they know about parental leave? etc.</p> <p><i>For teenagers, refer to the teen module for teen-specific financial services.</i></p>	<p>WINZ, local budgeting services</p> <p>www.workandincome.govt.nz/community/health-and-disability-practitioners/assistance-available-from-work-and-income.html</p>
<p>Young and pregnant</p> <p>Emphasise that they are not alone and that, in fact, many have been in their shoes and have continued to support their children and their personal growth through education or work.</p> <p>If there is a parent of a teen who is now pregnant, comfort and encourage them. Their daughter needs their support right now and the best thing they can do for her and her unborn baby is to love and support her.</p> <p>Advise the young person they don't have to stop learning. Teen parent units offer support to enable mothers to succeed as students and young mums.</p> <p>Young Parent Payment is a weekly payment that helps young parents aged 16–18 years.</p> <p>Refer to the youth module for more dedicated information.</p>	<p>Try organising a young guest speaker to share their experience and what worked for them.</p> <p><i>Refer to teen module for more dedicated information.</i></p>	<p>Pregnant teen services</p> <p>Support for young pregnant women – Ministry of Health:</p> <p>health.govt.nz/your-health/pregnancy-and-kids/services-and-support-during-pregnancy/support-young-pregnant-women</p> <p>THRIVE Teen Parent Support Trust:</p> <p>thrive.org.nz/</p> <p>Ways for parents to support pregnant teens:</p> <p>familyservices.govt.nz/my-family/everyday-family-life/family-relationship/teen-pregnancy.html</p> <p>Teen Parent Schools in NZ:</p> <p>teenparentschools.org.nz/</p> <p>Supporting Teen Fathers:</p> <p>msd.govt.nz/documents/about-msd-and-our-work/publications-resources/planning-strategy/teen-fathers/teen-fathers.pdf</p> <p>What works best when supporting teen fathers – Ministry of Social Development:</p> <p>familyservices.govt.nz/working-with-us/programmes-services/early-intervention/teen-fathers/what-works-best.html</p> <p>Young Parent Payment:</p> <p>http://www.workandincome.govt.nz/individuals/a-z-benefits/young-parent-payment.html</p>

Key Messages and Tools	Delivery Guidelines, Details and Tips	Tools
<p>Relationships</p> <p>Pregnancy can bring big changes to the pregnant woman's relationships. She may find pregnancy brings her and her partner closer together or pushes them apart.</p> <p><i>Some common reasons for this are:</i></p> <ul style="list-style-type: none"> • The partner is less interested in the pregnancy. • The baby doesn't seem real. • Both are stressed about money. • One partner wants sex but the other doesn't. • The pregnant woman is feeling sick, tired and moody and she takes it out on her partner. • The woman is worried the partner won't find her changing body attractive. 	<p>Discuss the following tips with pregnant mothers. Get mothers to talk with their partners about their feelings and how their life may change, including:</p> <ul style="list-style-type: none"> • their hopes • their fears • their expectations of life with baby • what kind of parents they want to be • how they can support each other. <p>Advise mothers if they split with their partner, it's important to think about who they can ask for emotional and practical support. They may also need to sort out financial support and contact arrangements with the baby's dad, and work out options for the future. They can get lots of information and support from NZ Single Parents.</p>	<p>24-hour helplines</p> <p>Health Line 0800 611 116</p> <p>Plunket Line 0800 933 922</p> <p>National Depression Helpline 0800 111 757</p> <p>Text the Low Down Team for FREE on 5626</p> <p>Websites</p> <p>Mothers Matter mothersmatter.co.nz</p> <p>Mothers Helpers mothershelpers.co.nz</p> <p>Great Fathers greatfathers.org.nz/greatfathers/thelowdown.co.nz</p> <p>NZ Single Parents singleparents.co.nz</p>
<p>Pregnancy support</p> <p>There are a range of pregnancy support organisations throughout New Zealand. If the pregnant woman has just started a new job, or she is currently working and she's found out she's pregnant, explain maternity leave entitlements.</p>	<p>Have a hand-out list of relevant support organisations, with contact names and details.</p> <p>Ensure that women are aware of their maternity leave rights and provide assistance in accessing relevant forms and guides on the Department of Labour website.</p>	<p>Services and Support during Pregnancy – Ministry of Health</p> <p>health.govt.nz/your-health/pregnancy-and-kids/services-and-support-during-pregnancy</p> <p>Parental Leave – Department of Labour</p> <p>http://employment.govt.nz/er/holidaysandleave/parentalleave/index.asp</p>

Key Messages and Tools	Delivery Guidelines, Details and Tips	Tools
<p>Family violence and abuse</p> <p>Everyone in a family needs to feel safe and have relationships that are supportive, nurturing and trusting. Family violence is when a family member is abusive towards others. As well as physical assault, it includes sexual violence, emotional abuse and controlling behaviour. It can be very unsafe and frightening for those involved.</p>	<p>If someone has disclosed that they have been physically, emotionally or sexually abused, or if they're worried about someone else – a friend, neighbour, workmate or child's friend – advise them to get help now by calling the Family Violence Information Line: 0800 456 450. They'll put them in touch with organisations in their area that can help. The information line is available seven days a week, from 9 am to 11 pm.</p> <p>It is recommended that facilitators undertake training in the Violence Intervention Programme (VIP) available through district health boards.</p>	<p>Abuse – Ministry of Health health.govt.nz/your-health/healthy-living/abuse</p> <p>Websites and organisations working to stop family violence and abuse, and provide support and information for people dealing with violence in their lives: health.govt.nz/your-health/healthy-living/abuse/abuse-websites-providing-information-and-support</p>
<p>Support for fathers</p> <p>Fathers also need support during pregnancy. Discuss the important role that fathers play in supporting the pregnant woman during pregnancy.</p> <p>As discussed under the topic 'relationships' above, knowing about the changes pregnancy can have on a relationship is important. The transition of pregnancy towards being parents will differ among couples, but talking about their feelings and how their life may change is important.</p> <p>If the father separates from his partner, it's important to think about who the father can ask for emotional and practical support. They can get lots of information and support from NZ Single Parents.</p>	<p>Encourage dads to be as involved in the pregnancy care as the pregnant woman is and explain that they have the right to question any care the pregnant woman is receiving, especially if they are not satisfied with the explanation.</p> <p>Invite a guest speaker who would relate well with the dads in the group.</p> <p>Encourage dads to watch videos of other fathers sharing their experiences of pregnancy, fatherhood and birth.</p> <p><i>Encourage dads to talk with their partners about their feelings and how their life may change, including:</i></p> <ul style="list-style-type: none"> • their hopes • their fears • their expectations about life with baby • what kind of parents they want to be • how they can support each other. 	<p>Advice for dads – Ministry of Health health.govt.nz/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/advice-dads</p> <p>A Dad's Survival Guide – SKIP website with videos from fathers' experiences skip.org.nz/ages-and-stages/baby-on-the-way/a-dads-survival-guide/</p> <p>Great Fathers www.greatfathers.org.nz/greatfathers</p> <p>NZ Single Parents singleparents.co.nz</p>

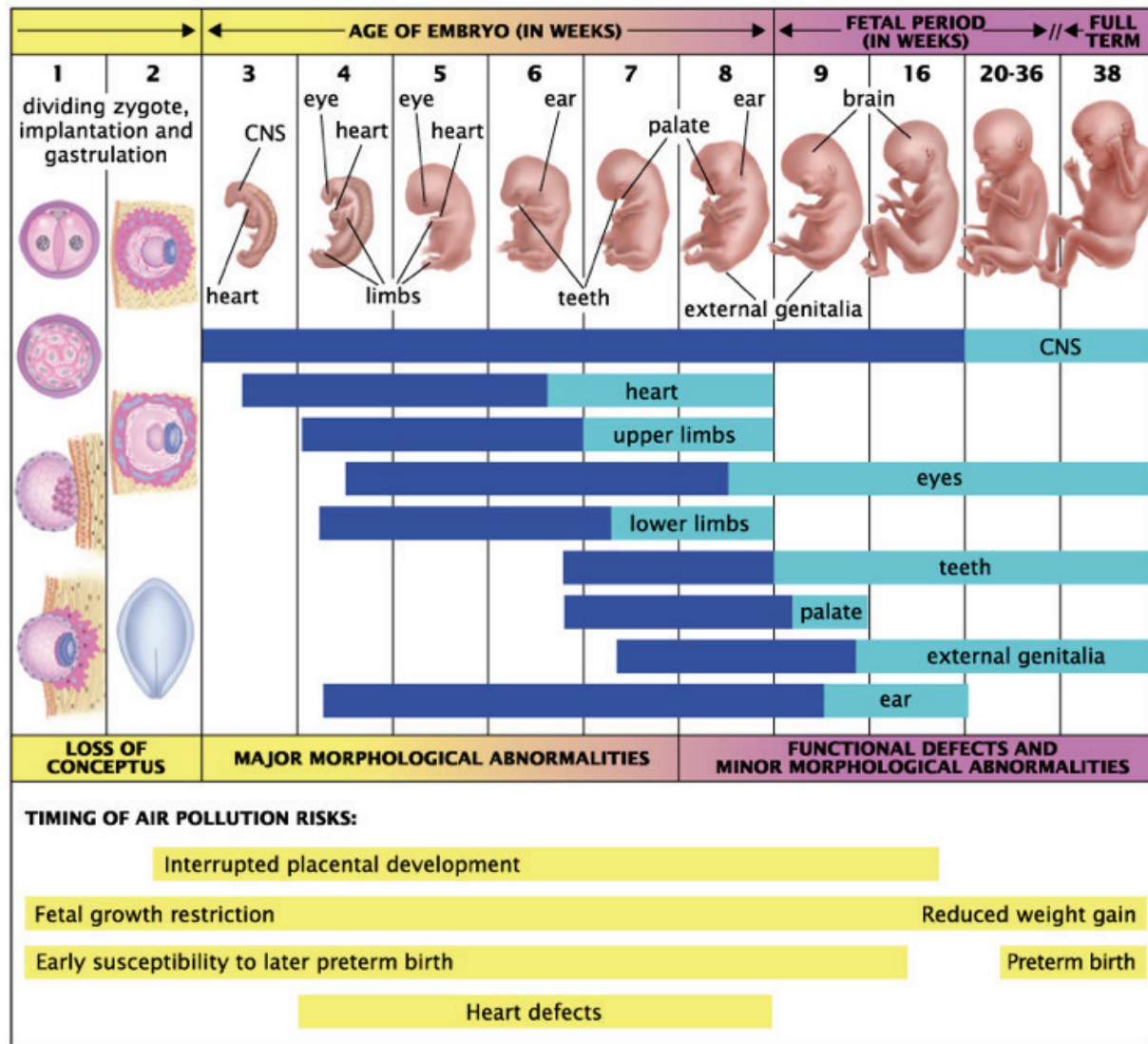
Key Messages and Tools	Delivery Guidelines, Details and Tips	Tools
<p>Expecting twins or triplets</p> <p>Explain that if mothers don't know what to expect they are not alone, and even the most prepared and experienced parent may not know exactly how to raise multiples. The NZ Multiple Birth Association can assist. Their mission is to address the special and unique needs of families experiencing a multiple birth, by providing information and support to multiple birth clubs and members. The NZ Multiple Birth Association gives a great overview of maternity care during multiple pregnancies that families will find useful.</p>	<p>Emphasise the importance of families having a lead maternity carer for their multiple pregnancy as the care they require will be much different from if they were only carrying one baby. If they are having problems finding a specialist, they can contact their local hospital, which must provide care—their GP can refer them to the required service.</p> <p>They can also visit the Find Your Midwife website: findyourmidwife.co.nz/</p>	<p>Finding a local lead maternity carer – Ministry of Health 0800 MUM 2 BE (0800 686 223).</p> <p>Twins, Triplets or More – Ministry of Health health.govt.nz/your-health/pregnancy-and-kids/pregnancy/helpful-advice-during-pregnancy/twins-triplets-or-more</p> <p>Multiples NZ multiples.org.nz/</p> <p>Maternity Care during a Multiple Pregnancy multiples.org.nz/index.php/about-us/journey-overview/10-parenting-journey/90-maternity-care-during-a-multiple-pregnancy</p>
Pregnancy Physiology		
<p>Body parts</p> <p>It is important that everyone has a general understanding of what parts of a pregnant woman's body are called and what they do.</p>	<p>Play a game and get participants to match each word to the body part in their workbook. Then explain each body part and its purpose.</p> <p>Ensure that this is done in a culturally appropriate way as certain ethnic groups have cultural processes related to sexual and reproductive health.</p>	
<p>Physiological changes and foetal development</p> <p>Explain the foetal/pregnancy stages of development and the physical changes experienced during pregnancy and what they will feel like. Ensure that this is carried out in a culturally appropriate manner (see Māori module or Tapuaki curriculum for Pacific).</p>	<p>Match the foetus development stage pictures with descriptions, ensuring this is done in a culturally appropriate way as with the above activity.</p> <p>Discuss the physiological changes pregnant women are experiencing and the coping mechanisms they are using.</p> <p>Explain why some women get really sick during pregnancy while others don't.</p>	<p>Your Pregnancy Tō Hapūtanga – Ministry of Health: health.govt.nz/resource/your-pregnancytō-hapūtanga</p> <p>Appropriate tools with pictures</p> <p>Detailed development chart (Figure 1) from Health Administration website</p>

Key Messages and Tools	Delivery Guidelines, Details and Tips	Tools
<p>First trimester</p> <p>0–12 weeks. Baby is developing a brain and physical features, face, ears, eyes, arms, legs and all its organs. During this time the pregnant woman is likely to feel fatigued (extremely tired), may feel morning sickness and will likely experience rapid breast growth.</p>	<p>6 weeks</p> <ul style="list-style-type: none"> • about the size of a pea • is developing tiny buds that will become arms and legs • brain and nervous system developing rapidly • optic vesicles developing along sides of the head (eventually eyes) • inner ear beginning to form, as is the larynx • beginning of digestive and respiratory systems forming • has a heart the size of a poppy seed <p>0–14 weeks</p> <p>health.govt.nz/your-health/pregnancy-and-kids/pregnancy/weeks-0-14/your-developing-baby-weeks-0-14</p>	
<p>Second trimester</p> <p>13–28 weeks. At 12 weeks, baby is fully formed with all its organs, muscles, limbs and bones. From now on, the foetus will grow and mature. Pregnant women are likely to feel baby move at 20 weeks for first-time mothers or from 16 weeks for other pregnancies. This will likely feel like 'fluttering'. Around 20 weeks a woman will be visibly pregnant and clothes won't fit; she may feel bloated and fat. Between 16 and 22 weeks, many women start experiencing round ligament pain. These ligaments are the anchors that run from the sides of the uterus down into the groin. The sensation is a sudden stabbing or twinge, similar to the ligament pain someone might feel if they cough or sneeze hard. Food cravings, body aches, swelling in face, hands and feet, dizziness, bladder incontinence, fatigue, difficulty sleeping, constipation, haemorrhoids, skin tags, numb tingly hands, nasal problems and an increase in sex drive may be characteristic of this trimester.</p>	<p>20 weeks</p> <ul style="list-style-type: none"> • measures about 16 cm • weighs about 312 g • hair and nail growth are continuing • following a regular schedule of sleeping, turning, sucking and kicking and has settled upon a favourite position within the uterus <p>14–30 weeks</p> <p>health.govt.nz/your-health/pregnancy-and-kids/pregnancy/weeks-14-30/your-developing-baby-weeks-14-30</p>	

Key Messages and Tools	Delivery Guidelines, Details and Tips	Tools
<p>Third trimester</p> <p>29–40 weeks. Baby's skin thickens, is fully developed and the lungs have matured. The pregnant woman may feel her joints relaxing in preparation for labour so may feel loose and unstable. Backache, heartburn and indigestion, and being short of breath are also common feelings during this trimester.</p>	<p>34 weeks</p> <ul style="list-style-type: none"> • may weigh about 2 kg • may measure about 46 cm top to toe • able to survive outside the womb without extensive medical treatment • vernix coating on the skin is becoming thicker whereas the lanugo hair is almost completely gone <p>30 weeks onwards:</p> <p>http://www.health.govt.nz/your-health/pregnancy-and-kids/pregnancy/week-30-onwards/your-developing-baby-week-30-onwards</p>	

Providing information visually is useful for pregnant women, their partners and families.
Figure 1 provides an example a visual that can be used in teaching, showing the development of the foetus.

Figure 1. Detailed Development Chart



Note: Blue bars indicate time periods when major morphological abnormalities can occur, while light blue bars correspond to periods at risk for minor abnormalities and functional defects.


Source: Health Administration Website



Ngā Kaupapa Matua – Key Messages continued

Key Messages and Tools	Delivery Guidelines, Details and Tips	Tools
<i>Requirements of the Ministry of Health Pregnancy and Parenting Information and Education Services Nationwide Service Framework 2014</i>		
Access to maternity services Provide information on accessing lead maternity carers (LMC) and other key maternity services throughout pregnancy, including their rights, information on roles of different service providers, availability, location/timing, and eligibility criteria. Also provide advice on screening, scans and other services during pregnancy.	Provide information for parents to make informed choices about these services. Encourage women to access entitlements and to be aware of their code of rights: http://www.hdc.org.nz/the-act--code/the-code-of-rights/the-code-(full)	<i>Refer to the National Screening Unit's advice on antenatal screening.</i> Find Your Midwife http://www.findyourmidwife.co.nz/ Healthpoint Maternity Care http://www.healthpoint.co.nz/maternity/

Key Messages and Tools	Delivery Guidelines, Details and Tips	Tools
Pregnancy entitlements		
<p>Free maternal medical care for New Zealand citizens, permanent residents (or their pregnant partners), students with visas in public facilities.¹</p> <p>Entitlements</p> <ul style="list-style-type: none"> • Free LMC (doctor and/or midwife) visits during pregnancy and after birth, including any specialist visits that the pregnant woman's midwife or GP may refer her to (e.g. obstetrician & gynaecologist). • The pregnant woman's doctor and/or midwife will inform her about tests and screening available for conditions or illnesses such as HIV, Down syndrome, spina bifida and other congenital conditions. These are usually done in the first trimester. It is therefore important for the woman to seek maternal care as soon as she becomes pregnant. Later in the pregnancy she may be checked for other things, such as gestational diabetes. • Emphasise the importance of immunisation for the pregnant woman and newborn baby, in particular, influenza and pertussis for the pregnant woman at 28 weeks' gestation. 	<p>Emphasise the importance of having maternal care as early as possible to reduce the risks to the pregnant woman and her baby and to ensure she has a healthy pregnancy and a healthy baby.</p> <p>Certain ethnicities of women (such as Pacific Island, Indian and Māori) are at a greater risk of developing gestational diabetes (diabetes diagnosed during pregnancy) and pre-eclampsia (high blood pressure) during pregnancy. The LMC will monitor and may check for these conditions as the pregnancy progresses.</p> <p>These conditions are the most serious complications of pregnancy and can affect many organs of the mother, including the brain, liver, lungs and kidneys, and affect the growth and development of the baby.</p> <p>The aim is to empower pregnant women with knowledge about her entitlements, LMC options and rights. Develop a pregnancy timeline that includes images of the different stages of pregnancy. Also include all tests and screening. Get the pregnant woman and her family to help populate it with activities they know about. Explain each step, what and who is involved and when.</p> <p><i>Use resources listed under tools, e.g. the Ministry of Health's Your Pregnancy Tō Hapūtanga.</i></p>	<p>Care entitlements – Ministry of Health http://www.health.govt.nz/new-zealand-health-system/publicly-funded-health-and-disability-services/pregnancy-services</p> <p>Detailed description of what LMCs provide during pregnancy www.health.govt.nz/your-health/pregnancy-and-kids/services-and-support-during-pregnancy</p> <p>Provide a list of care entitlements?</p> <p>National Screening Unit www.nsu.govt.nz/pregnancy-newborn-screening</p> <p>Ministry of Health Your Pregnancy www.health.govt.nz/your-health/pregnancy-and-kids/pregnancy</p>

Key Messages and Tools	Delivery Guidelines, Details and Tips	Tools
<p>Care options</p> <p><i>See tips/definitions box explaining care options and roles including:</i></p> <ul style="list-style-type: none"> • community midwife – FREE • midwife team employed by the hospital – FREE • hospital specialist and midwife team for high-risk pregnancies – FREE (ADHB) • shared care (GP + midwife – some GP clinics but not all have this contract) – FREE (CMDHB) • private obstetrician (user pays) <p>Advise pregnant woman that it is strongly recommended that she get an LMC as soon as possible. Help her to access the information.</p>	<p>Explain all pregnancy terminology and LMC roles by playing a game. Get every participant to match the words with their meanings.</p> 	<p>Make a set of definition cards. Using images of the different types of LMCs.</p>
<p>Choosing LMC carefully</p> <p>Advise the pregnant woman that the LMC will be an important person, and that she should choose someone another woman has recommended who is skilled, experienced and empathetic; interested in her birthing preferences; assures her that she will be happy to help if she asks for pain relief; and informs her about the possible complications and interventions of childbirth. She needs to completely trust her LMC. Her LMC will talk with her and make sure that her fears and anxieties have been well addressed.⁵</p> <p>She and her midwife will work together to make a birth plan. The birth plan will include how the midwife will visit her, whether at home or in a clinic, how often she will be seen and who her back-up midwives are. Most midwives are able to arrange for the woman to meet her back-up midwives so that she feels comfortable with them all.</p> <p>The midwife will provide the pregnant woman with her medical records, book her into the birth place of her choice and arrange for postnatal visits to support her in breastfeeding. The woman is invited to ask questions:</p> <ul style="list-style-type: none"> • How long have you been a midwife for? • How many babies have you born? • What are your breastfeeding stats? • When are you taking your holidays? • Will you be there for me at my birth? <p>The woman is encouraged to meet several midwives before deciding which one she wants to work with.</p> <p>If she feels she is not getting on with her midwife, tell her that at any time during her pregnancy she is allowed to change midwives.</p>	<p>Find out who the woman's key source of all maternity care knowledge is, so they and any other potential caregivers can be included in this session. Together they can formulate questions that would be good to ask LMCs.</p>	<p>List of questions – NZ College of Midwives: www.midwife.org.nz/women-in-new-zealand/what-to-look-for-in-a-midwife</p>

Key Messages and Tools	Delivery Guidelines, Details and Tips	Tools
How to get an LMC and where to get the information on LMCs It is important to have an LMC. Research demonstrates that pregnant women have better health outcomes with an LMC, so encourage pregnant women to get an LMC if they don't have one.	<i>Explain the ways to get an LMC:</i> <ul style="list-style-type: none">• Ask for recommendations from friends and family (emphasise that this is important).• Check out the NZ College of Midwives website map.• Get the information from your local doctor/GP.• Call Mum2B (0800 686 223) or try Healthpoint: www.healthpoint.co.nz/maternity/page/midwives/	To print out relevant contacts, use Find Your Midwife – NZ College of Midwives www.findyourmidwife.co.nz Smartphone applications Mokopuna Ora Tapuaki
If you don't like your midwife, doctor or obstetrician – you can change Explain that it is perfectly OK and normal to change if it's not working out. Explain the procedure.	Emphasise that it's OK to change. It is very important that the pregnant woman continues having antenatal checks with another LMC. Reinforce these messages throughout all modules.	Finding an advocate: advocacy.hdc.org.nz/find-an-advocate Health and Disability Commission: www.hdc.org.nz
The complaints procedure	Talk about advocates available in your area and the support they can provide. Also talk about the Human Rights Commissioner and formal complaints procedure. <i>Reinforce these messages throughout all modules.</i>	
Pregnancy and Parenting Education Classes		
Pregnancy and parenting education entitlements Explain the free sessions, how to attend them, who can attend, where they are and when.	District health boards provide free pregnancy and parenting education services. Education is for pregnant women and expectant fathers/partners, parents of new babies, including adoptive parents, and where appropriate, their whānau. Note: Not all classes are free, some privately funded classes charge. The funding model is different in each district health board. Refer to references for further details.	Pregnancy and parenting education entitlements www.health.govt.nz/your-health/pregnancy-and-kids/services-and-support-during-pregnancy
Who can attend classes?	The pregnant woman, a support person (partner/family member) or whānau	





Ngā Tatauranga – Statistics

Topic	Statistics	Primary factors contributing to mortalities																											
Maternal Health																													
Lead maternity carer registration	<p>In 2013, the overall lead maternity carer (LMC) registrations in the first trimester for all of New Zealand was 64.9% (n = 53,519). In the Auckland region, Pacific women were least likely to register with an LMC, followed by Māori, Indian, Asian and European/Other (most likely). In particular, Counties Manukau had the lowest proportions of registrations regardless of ethnicity.²</p> <p>A review of 81,821 records of NZ women who registered with an LMC also showed that women of NZ European ethnicity were more likely to register before 10 weeks’ gestation compared with women of Māori and Pacific ethnicity. It was also highlighted that women aged <20 years or >40 years were more likely to register in the second or third trimester than other age groups³.</p>	<p>It is known that those pregnant mothers who have less than 50% of antenatal visits from an LMC have around three times the odds of suffering a stillbirth compared with those who have had 100% of visits.⁴</p> <p>A study on barriers to early initiation of antenatal care among women using South Auckland maternity services found women were more likely to book late for an appointment if they had limited resources (e.g. no transport) (odds ratio 1.86), no tertiary education (odds ratio 1.96) or were not living with a husband/partner (odds ratio 2.34).⁵</p> <p>Early engagement with maternity providers is vital. Exploring the barriers or issues that prevent women from accessing timely care may shed more light.</p>																											
	Lead maternity carer registration in first trimester of pregnancy by Auckland district health board and ethnicity, 2013 ^{6,7}																												
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Ngā Rauemi Ako – Resources

Kaupapa/Topic	Resources
Know Your Rights	
Free maternal medical care	<p>Eligibility criteria http://www.health.govt.nz/new-zealand-health-system/eligibility-publicly-fundedhealth-services/guide-eligibility-publicly-funded-health-services-0</p> <p>Section 88 Primary Maternal Services Notice (B1) listing primary health care activities covered for free http://www.health.govt.nz/publication/section-88-primary-maternity-services-notice-2007</p>
Lead maternity carer	<p>LMC general information http://www.health.govt.nz/yourhealth-topics/maternity/maternity-services/your-lead-maternity-carer</p> <p>Contact details for lead maternity carers in individual areas: Mum2B (0800 686 223). Phones answered Monday to Friday 8am to 5pm, except Wed 9.30am to 5pm.</p> <p>NZ College of Midwives http://www.findyourmidwife.co.nz/</p> <p>Maternity Service Directory</p> <p>Auckland District Health Board http://www.nationalwomenshealth.adhb.govt.nz/services/maternity/directory-of-services</p> <p>Counties Manukau District Health Board http://www.countiesmanukau.health.nz/community-health/find-a-midwife/</p> <p>Waitemata District Health Board http://www.healthpoint.co.nz/public/maternity/waitakere-hospital-maternity-services-waitemata/</p> <p>Northshore Hospital Maternity http://www.waitematadhb.govt.nz/Hospitals-Clinics/Clinics-Services/Maternity-Services-North-Shore-Hospital</p>
Financially struggling	<p>Work and Income NZ 0800 559 009 http://www.workandincome.govt.nz/</p> <p>Those who are not able to work because of pregnancy may be eligible for the 'Sickness Benefit' or the 'Emergency Benefit'. There is also assistance available for health costs and family costs. The following link advises of the types of benefits there are available to assist with different costs. http://www.workandincome.govt.nz/index.html</p> <p>For information directly related to entitlements for teenage mothers, refer to the teen module.</p>

Kaupapa/Topic	Resources
Know Your Rights	
Just started a new job and pregnant	<p>Department of Labour 0800 20 90 20</p> <p>Striking a Language – A Guide for Working Parents (Department of Labour pamphlet) http://www.dol.govt.nz</p>
Having twins or triplets	<p>NZ Multiple Birth Society 0800 489 467 http://www.multiples.org.nz</p> <p>Work and Income NZ for assistance with costs associated with multiple births: http://www.workandincome.govt.nz/about-work-and-income/our-services/index.html</p>
Need support	<p>Pregnancy Counselling Services – available 24 hours a day 0800 PREGNANT (0800 733 462) http://www.pregnancycounselling.org.nz/</p> <p>Parent Centre http://www.parentcentre.org.nz/index.asp</p> <p>DHB Women's health social workers</p>
Teen pregnancy	<i>Refer to teen module for specific services.</i>

Rārangi Tohutoro – References

- 1 Ministry of Health. *Service Coverage Schedule*. (2015). Retrieved from <http://nsfl.health.govt.nz/accountability/service-coverage-schedule>
- 2 Ministry of Health. (2015). *New Zealand maternity clinical indicators 2013*. Wellington: Ministry of Health.
- 3 Dixon, L., Andrews, A., Eddy, A., Guilliland, K., Hendry, C. & Houston, J. (2014). Changing trends in pregnancy registration for New Zealand women. *Journal of Primary Health Care*, 6(4), 279–285.
- 4 Stacey, T., Thompson, J. M. D., Mitchell, E. A., Zuccollo, J. M., Ekeroma, A. & Mccowan, L. (2012). Antenatal care, identification of suboptimal fetal growth and risk of late stillbirth: Findings from the *Auckland Stillbirth Study*. *Australian and New Zealand Journal of Obstetrics and Gynaecology*, 52(3), 242–247.
- 5 Corbett, S., Chelimo, C. & Okesene-Gafa, K. (2014). Barriers to early initiation of antenatal care in a multi-ethnic sample in South Auckland, New Zealand. *The New Zealand Medical Journal*, 127(1404).
- 6 Ministry of Health. 2015. *New Zealand maternity clinical indicators 2013*. Wellington: Ministry of Health.
- 7 Health Quality & Safety Commission. (2015). *Maternity*. Retrieved from <http://www.hqsc.govt.nz/our-programmes/health-quality-evaluation/projects/atlas-of-healthcare-variation/maternity/>