

Health New Zealand | Te Whatu Ora Waikato funded Antenatal Education choices

Whānau Āwhina Plunket

We encourage booking into a course as soon as your pregnancy has been confirmed as our courses are popular and book up fast. This course has been specially designed to start around your 25th week of pregnancy.

Our fully qualified Childbirth Educators provide up-to-date, evidence-based information in a relaxed environment. Our goal is that expectant parents will feel empowered and informed about pregnancy, childbirth, and newborn parenting.

During this free antenatal course you'll learn about:

- Preparation for labour
- Information on birthing options
- Tools for successful breastfeeding
- Practical newborn care & support/services available once baby is born

Info	When	Location	Cost	Contact
Whānau Āwhina Plunket – Hamilton <u>See below for Indian classes</u>	2 x Saturdays or 4 x evening classes (Thursdays)	Hamilton City	Free	https://www.plunketppe.org.nz/registration
Whānau Āwhina Plunket - Matamata	4 x evening classes (Wednesday)	Matamata	Free	
Whānau Āwhina – Virtual (online)	6 x evening classes (Monday)	Online	Free	

Waikato Hospital Pain Relief Information

Antenatal information session about pain relief in labour. These are delivered by a Specialist Anaesthetist

Info	When	Location	Cost	Contact
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Waikato Labour Pain Relief Information Evenings	Every 3 months, dates and other information on the Facebook page	Zoom	Free	https://www.facebook.com/WaikatoLabourPainReliefInformationEvening
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Hapu Wānanga ki Tainui				
Kaupapa Māori Pregnancy Education Wānanga for all residence in the Waikato area				
Info	When	Location	Cost	Contact
One & two Day Hapū Wānanga	Varies	Hamilton, Tokoroa Paeroa	Free	https://www.waikatodhb.health.nz/your-health/well-being-in-the-waikato/hapu-wananga/

Parents Centre				
Antenatal programmes are delivered by qualified educators who hold an annual practicing certificate. We ensure that the classes provide you with evidence-based information to help you make decisions. They are delivered in a manner that is interactive, engaging, and fun. You are best to complete this course at least 3-4 weeks before your due date. Topics include;				
<ul style="list-style-type: none"> • Choices in childbirth • Your labour journey • Relaxation, management & coping strategies • Dad's and Partners role • Feeding your baby • Transition to parenthood • Responsive parenting & Practical parenting 				
Info	When	Location	Cost	Contact
Parents Centre – Hamilton <u>see below for Chinese classes</u>	6 x evening classes (Monday) or 2 x Saturdays	Silverdale, Hamilton	Free	https://hamilton.parentscentre.org.nz/
Parents Centre – Thames / Whitianga	2 consecutive Saturdays or Sundays	Thames Plunket Clinic	Free	https://thameswhitianga.parentscentre.org.nz/
Parents Centre – Morrinsville	6 x evenings (Wednesday)	St Johns Hall, Morrinsville	Free	https://morrinsville.parentscentre.org.nz/

Parents Centre – Cambridge	6 x evening classes (varies) or 2 x Saturdays	Cambridge	Free	https://cambridge.parentscentre.org.nz/our-courses/
Parents Centre – Putāruru	Over one weekend	St Johns Ambulance Hall, Putāruru	Free	https://putaruru.parentscentre.org.nz/our-courses/
Parents Centre – Te Awamutu	6 x evenings (Wednesday)	Te Awamutu Birthing Centre	Free	https://teawamutu.parentscentre.org.nz/

Cultural Specific Antenatal Education choices

Hapu Wānanga ki Tainui				
Kaupapa Māori Pregnancy Education Wānanga for all residence in the Waikato area				
Info	When	Location	Cost	Contact
One & two Day Hapū Wānanga	Varies	Hamilton Tokoroa Paeroa	Free	https://www.waikatodhb.health.nz/your-health/wellbeing-in-the-waikato/hapu-wananga/

Kelly – Child Birth Educator – Aotearoa NZ				
These waananga are designed to foster the confidence and ability of hapu maamaa and whaanau to make informed decisions for the birth of their mokopuna.				
Info	When	Location	Cost	Contact
One day Waananga Haapu	Varies – see link	Varies – across the Waikato	Free	https://www.facebook.com/profile.php?id=100069385629561

Whānau Āwhina Plunket – Indian				
This course will include modules on preparation for labour and birth, stages of labour, choices during and after birth, pain relief options, infant feeding and newborn care. Courses are fun and flexible designed to fit with the needs of the groups.				

Info	When	Location	Cost	Contact
Whānau Āwhina Plunket – Indian	2 x Saturdays	Hamilton	Free	https://www.plunketppe.org.nz/courses/waikato/hamilton-indian-course

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Open to people from all areas of New Zealand.

Topics covered include: breastfeeding, labour and birthing, nutrition and physical activity, early child bonding and parenting, safe sleep and baby bathing, immunisation

Info	When	Location	Cost	Contact
Online sessions facilitated by Te Rito Ora (Counties Manukau)	Sessions are on Mondays and Thursdays, 10-11.30am.	Zoom classes	Free	Email: teritoora@middlemore.co.nz or call 0800 435 723 to register.

Parents Centre – Hamilton Chinese

Parents Centre antenatal programme will be delivered by qualified midwife educator who is Chinese and speaks Mandarin

Info	When	Location	Cost	Contact
Parents Centre – Chinese	2 x Saturdays	Silverdale, Hamilton	Free	https://hamiltonchinese.parentscentre.org.nz/

Antenatal Classes with a cost

Waterford Birth Centre

Our Antenatal classes are conducted by experienced Childbirth Educators (qualified midwives) who facilitate the course in relaxed and informal sessions.

The aim of our antenatal course is to provide an enjoyable, informative forum, where you will gain confidence, and knowledge of what to expect in late pregnancy, labour, birth and early parenting.

When choosing a class, we suggest a finishing date approximately one month before your due date. This ensures that you are comfortable in your class and meeting other class mates who have approximately the same due date.

Info	When	Location	Cost	Contact
Waterford Antenatal Classes	Options vary; evening & weekends	Waterford Antenatal Hub, Frankton, Hamilton	\$150	https://www.waterfordbc.co.nz/antenatal-classes

River Ridge East Birth Centre

Antenatal Classes are delivered by knowledgeable and experienced practicing Midwives who facilitate the classes in a relaxed and informal way. Antenatal classes help you and your partner to get ready for labour, birth, breastfeeding and caring for a newborn baby. Most people say going to classes helps them feel more confident as the birth approaches.

You will also meet a group of parents who, like you, are expecting a baby. Many parents say talking to other people in a similar situation and sharing experiences is one of the major benefits of antenatal classes.

Info	When	Location	Cost	Contact
River Ridge East Antenatal Classes	Options vary; 4 x evening classes (Wednesday)	River Ridge East Birth Centre, Hamilton East	\$140	https://riverridgeeastbc.co.nz/our-antenatal-classes/

	2 x half day sessions (weekend)			
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Nuture(d) Birth & Parenting Education

These antenatal classes are designed for first-time parents and are a non-judgmental space to ask all your questions about labour, birth, and early parenting.

Classes focus on setting you up for a positive birth experience, whatever type of birth you choose. We also spend time preparing for the early weeks of parenting, including both the practicalities and the mental load of parenting.

It's common to feel anxious about birth and unprepared for parenting, so we will help you navigate the decisions that need to be made and give you tips and tricks to make it through the hazy newborn phase.

It's recommended you book antenatal classes as soon as possible, and start the first class when you are about 26-28 weeks pregnant.

Info	When	Location	Cost	Contact
Nuture(d)	7 x evenings (Thursday)	Classes are held at in Hamilton East (venue will be confirmed upon booking)	\$199	https://www.nurtured.nz/nurtured-birth-parenting-education/antenatal-classes

Hatched

Pre-recorded content that you have instant access to for 12 months; that you can watch in your own time and at your own pace.

Whether this is your first time or you just need a refresher before your next birth, you'll have all your options explained by highly experienced Midwife Carmen Lett, so you can make informed choices for you and your baby.

- Full programme or modules
- Pregnancy labour & birth
- Postpartum & newborn
- The fourth trimester

- Feeding your baby
- Preparing for induction of labour
- Preparing for your caesarean section

Info	When	Location	Cost	Contact
Hatched – online	Pre recorded	Online	\$29-\$139	https://www.hatchedantenatal.co.nz/online-course