

Golden Bay

Car Seat Rental Scheme

The law requires that all children under the age of seven years must use an approved child restraint when they are in a motor vehicle.

A baby must be in a rear facing car seat. This can be a capsule or convertible car seat.

It is strongly recommended that the child faces rearward until at least 2 years old. It is 5 times safer for a child to be rear-facing than it is to be forward facing. Babies and childrens' heads are proportionally much larger and heavier than an adults head meaning they are more likely to suffer a serious spinal injury in an accident if they are forward facing

A harnessed restraint is then used once the child outgrow the rear facing capabilities of their seat (preferably over 2 years old). It is safer for a child to be harnessed than in a booster with a lap-sash belt.

Booster seats are used after the child outgrows the harnessed forward facing seat. These should be used once your child outgrows the weight or height capabilities of their harnessed seat. Remember, you should be guided by the size of your child, not their age. Boosters cannot be used with only a lap belt.

A booster seat should be used to help position your child so the adult lap-sash belt fits them correctly. Boosters should be used until your child is tall enough to sit on the vehicle seat with the adult belt fitting them correctly. This is when they are about 148cm tall – or around **12 years old**.

Whatever car seat you have, it must be used and installed correctly to keep your child safe. Car seats are available to hire through the Toy Library, 64 Commercial St - 027 268 6292.

Baby on the Move www.babyonthemove.co.nz have further helpful information; and Facebook page "NZ Car Seat Discussion Group" has registered car seat technicians available to give advice.

It is important to note car seats expire after a certain amount of time. Please check the manufacture date on your child's seat.

Emergency & 24hr Help/Information

All Emergencies	111
Golden Bay Community Health	525 0060
Golden Bay Police	525 9211
PlunketLine	0800 933 922
Parent Line	0800 568 856
Poison Centre	0800 764 766
Immunisation Advisory Centre (information)	0800 466 863
Healthline	0800 611 116
Oranga Tamariki (Formally CYF)	0508 326 459



Brochure produced by Golden Bay Well Child Nurses
Updated August 2022

 Nelson Bays Primary Health
Hauora Matua ki Te Tai Aorere



Well Child Tamariki Ora



Well Child Health Service Provider

Well Child and Public Health Nurses
Kelly Rogers and Chloe Zeewoldt

 Nelson Bays Primary Health
Hauora Matua ki Te Tai Aorere

Contact Phone Numbers

Well Child Health Service Provider

Well Child and Public Health Nurses

Available 8—4pm Mon—Thurs

Kelly Rogers and Chloe Zeewoldt

525 0102 or 027 451 3698

Golden Bay Community Health

Main/GP reception 525 0060

Golden Bay Midwives 525 0111

Mohua Social Services 525 9728

Te Whare Mahana (Outreach Rural Mental Health Service) 525 7647

Golden Bay Dental Centre 525 8340

Golden Bay Pharmacy 525 9490

Heartland Services

9am to 3 pm 525 6151

Contact for all government & local agencies/
groups—WINZ, IRD, community law

Childcare Facilities

Golden Kids 525 9059

Golden Bay Kindergarten 525 9686

Tākaka Playcentre 525 8114

Collingwood Playcentre 524 8125

Phone Apps

Search for:

Well Child for info on Well Child Service

Breastfed NZ for breastfeeding support

Playgroups, Kids Activities, Support Groups

Toy Library Brownie's Inn, Rec Park Centre

Tues 2-4pm; Fri and Sat 9.30-11.30am 027 2686 292

Tiny Tots Tākaka Memorial Library

Tuesdays 10am—music and stories for under twos

Contact library first 525 0059

Onekaka Playgroup Wed 10-12.30, Onekaka Hall

Melanie Brown 021 0224 2276

Birth Wisdom monthly catch ups, library and support

birthwisdomgb@gmail.com

SPACE Playcentre program for new parents

Fiona 027 808 6797

Pre-School & School Gymnastics

Nikki Nalder 027 758 8700

Tumble Time

Fridays at the Rec Centre, 10-11.30, koha

Mums and Bubs Yoga

Bay Yoga, Mondays 11am-12pm. \$3 koha

Nikki McGuinness 021 163 8549

Mums and Kids Fitness classes

Lisa Cassidy (call first to book)
Rec Park Centre 021 081207839

Exercise/Fitness

Les Mills – Leigh Crocker 021 162 1935

Crossfit Mohua 022 690 4567

Bay Fitness 0274 457 310

Ace Fitness - Ella King 027 532 3904

Your Child's Free Health Entitlements

General Health & Development

8 x Well Health Checks as detailed in your Well Child/Tamariki Ora Health Record Book.

Children under 13 years of age are entitled to free visits to a doctor & free prescriptions if you are enrolled at the GB Medical Centre.

Immunisation

Free immunisation is provided to help protect your child against serious infectious diseases.

Vision & Hearing

The Vision & Hearing Technicians provide the following free screening checks:

B4 School Check 4 – 4.5 year old's distance vision only and hearing. School referrals as requested

Dental Care

Free dental health care is provided for children from birth until their 18th birthday by the Community Oral Health Service. Call 0800 825 583 if your child wasn't enrolled at birth.

Parents' Rooms Tākaka

- Anglican Church next to Artisans on Commercial St (enter through church).
- Tākaka Library