

Support and Information

La Leche League 846-0752
Breastfeeding Information and Support
Kelston - Adith 818-7728
Massey - Letticia 416-4445
Massey - Deborah 833-3417

Lactation Consultant
Barbara Fletcher 838-1566

Breast Pump Hire
Golf Road Pharmacy, Titirangi 817-7053
All Seasons Pharmacy, Te Atatu South 834-3067
Baby Factory, All Stores 0800 BABYFACTORY

Post-Natal Distress Support Network
Information and understanding for PND 836-6967

West Auckland Women's Centre 838-6381
Women-focused information, courses & support

Maternal Mental Health 488-4634
PND information and advice

Barnardos 0800 4 PARENT
Parent help line www.barnardos.org.nz

Man Alive 835-0509
Support for fathers www.manalive.org.nz

Relationship Services 837-2723
Counselling and info about parenting & relationships

0800 MUM 2 BE 0800-686-223
Pregnancy Information

Poison Control 0800-POISON
Information on poisons/poisoning

Immunisation Advisory Service 377-7966
Information based on scientific based facts

Immunisation Awareness Society 303-0187
Information about risks and side effects

Other Information Sites for Parents
www.parentscentre.org.nz www.babywebnz.org.nz
www.kidsnewzealand.com www.littlies.co.nz
www.huggies.com/au www.thenappynetwork.org.nz

Mainly Music

Preschool children and their caregivers enjoying music, rhyme, rhythm, creative dance and more.
www.mainly-music.org 629-6025

Indoor Playgrounds

Chipmunks Henderson 838-2033
199 Lincoln Road, Henderson

Jumping Jacks 835-2243
133 Central Park Drive, Henderson (behind Gilmours)

Pools - Swimming & Lessons

Waterhole
Parrs Park, West Coast Road, Glen Eden 818-2312

Dean Greenwood Swim School 827-9635
Kelston Girls High School

Philips Aquatic Centre 815-7005
40 Alberton Ave, Mt Albert

West Wave 838-3706
Alderman Drive, Henderson



Toy Libraries

Join and you can borrow toys for 2 weeks, with a usual cost is between 50cents and \$2 per toy. Usually you do a session duty every few months. Go to www.toylibrary.co.nz for days and times open.

Glen Eden 818-6233
Glen Eden Baptist Church, 97 Glendale Road

Mt Albert N/A
732 New North Road, Mt Albert

Salvation Army New Lynn 827-3128
32 Delta Avenue, New Lynn

Te Atatu Peninsula N/A
Bible Chapel, Cnr Waipani & Beach Rds

West Auckland 827-3343
229 Portage Road, Green Bay

Toy Hire

This is different than a toy library. You can casually hire toys, as well as buy new or second hand.

Toy Hire Company 818-6909
2 Wagener Pl, St Lukes
email: waitakere@toyhire.co.nz www.toyhire.co.nz

Playgroups

Free-play for pre-school children. These groups usually have activities and equipment for use. Please also call the Citizens Advice Bureau for updates on 827-4731.

Glen Eden 818-2194
Community House, 13 Pisces Rd
Mon & Weds 9:30-11:30

Green Bay 827-3300
Community House
Tue & Thurs 9:30-12:00

Henderson 818-7979
Community Hall, Millbrook Rd
Fri 9:30-11:30

Huia 811-8000
Huia Hall, Fri 9:30-12:00

New Lynn 827-2307
New Lynn Community Centre
Thurs 10-12:00

New Lynn 827-3128
Salvation Army, 32 Delta Ave
Tue 9:30-11:30

Oratia 818-5107
565 West Coast Rd
Mon-Thurs 9:30-12:00

Ranui 833-6280
Community Centre, Swanson Rd
Fri 10-12:00

Rudolf Steiner 817-4386
5 Helios Pl, Titirangi
Mon, Tue, Thu mornings

Te Atatu Peninsula 834-6683
Community Centre, 595 Te Atatu Rd
Weds & Fri 9:30-11:30

Te Atatu Peninsula 834-5827
Community House, 580 Te Atatu Rd
Fri 9:30-11:30

Titirangi 817-8773
Titirangi Memorial Hall
Thurs 9:00 - 11:30

Westgate 833-6856
Salvation Army, 532 Don Buck Rd
Mon & Fri 9:30-11:30

Playcentre

Free-play early childhood centres offering educational opportunities for both children and caregivers. Organisationally more structured than playgroups. Phone 838 8849 or www.playcentre.org.nz

Daycare and Pre-school

See under 'Childcare Services' in the Yellow Pages

Kindergartens

Enrol your child at their second birthday. Starting age differs from area to area. Look under 'Auckland Kindergarten Association' in the White Pages for a full list of government Kindergartens, or look under 'Kindergartens' in the Yellow Pages for private kindergartens.

Baby & Toddler Gym

For exercise and fitness, learning essential safety skills, and encouraging natural developmental stages.

Gymbaroo www.gymbaroo.com.au
From 3 months

Jumping Beans www.jumpingbeans.net
From 3 months

YMCA Massey & Lynfield www.ymca.org.nz
from 1 year

Tumbleweeds 838-3706
from 18 months

Good Pram Walks

- Arataki Visitors Centre Nature Walks
- Craig Avon Park, Portage Rd, Green Bay
- Exhibition Drive, off Scenic Drive, Oratia/Titirangi
- Twin Streams Walk (behind West Wave)
- Western Springs



Earlybirds Pre-school Storytime

1/2 an hour of stories, rhymes and music at your local library. Contact your local library under Waitakere City Council in the white pages or www.waitakere.govt.nz for days and times.

Other Ideas

Ambury Farm Park 636-6118
Mangere Bridge

Arataki Visitors Centre 817-0077
Scenic Drive, Oratia

Auckland Museum 309-0443
www.aucklandmuseum.com

Auckland Zoo 360-3800
www.aucklandzoo.co.nz

Bird Barn (Pet shop) 838-8745
158 Lincoln Road, Henderson

Butterfly Creek 275-8880
Airport, Manukau

Crystal Mountain 833-5033
80 Candia Road, Swanson

Mt Albert Grammar School Farm 846-0796
Tue-Fri 11:15-12:15 (for bookings call 846-2044)

Old McDonald's Farm/Kiwi Valley 837-2952
Henderson Valley Road
www.kiwivalley.com

Rainforest Express (Train) 302-8028
www.watercare.co.nz

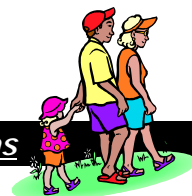
Bus, Train, and Ferry Rides 366-6400
www.rideline.co.nz

West Lynn (Butterfly) Gardens
73 Parker Ave, New Lynn, 827-7045

Clothing & Nursery Items

* Includes Second-Hand items

Baby Factory New Lynn & Henderson
Bees Nees * cnr Portage & Bolton Rds, New Lynn
Clothing World * Portage Road, Green Bay
Dimples www.dimples.co.nz
Farmers Lynmall, West City & Westgate
JK - Just Kids Lynmall, New Lynn
Kiwi Baby * cnr Dominion & Mt Albert Rds
Kmart Waitakere Plaza, Henderson
Pumpkin Patch West City Henderson
SaveMart * 21 Veronica St, New Lynn
Simply Kidz * 28 Clark St, New Lynn
T & T Lynmall, West City & Westgate
Winkalotts * www.winkalotts.co.nz



WEST AUCKLAND PARENTS CENTRE



Information For Parents

*... who to call...
... where to go...
... what you need to know...*

Support and Information

West Auckland Parents Centre 837-8481
P O Box 83192, Edmonton, Waitakere 0652
Email: w.auckland@parentscentre.org.nz
Website: www.westaucklandparents.org.nz

Our services include:
- Antenatal courses
- Parent Education
- Parent Support
- Advocacy / Lobbying

Plunket Help Line 0800-933-922
24 hour a day help line

Plunket Family Centre 836-5730
5 Woodford Ave, Henderson

Plunket Local Clinic
Look under "Plunket Society" in the White Pages for your closest clinic

Parent Aid 811-8933
A free, in-home childcare and helping service in times of illness, accident, stress or other emergency.

Accident & Emergency Support 839-0000
Waitakere Hospital, Lincoln Road, Henderson

Carseat & Equipment Hire
Plunket Car Seat Hire 837-1871
Baby Factory Stores 0800 BABYFACTORY