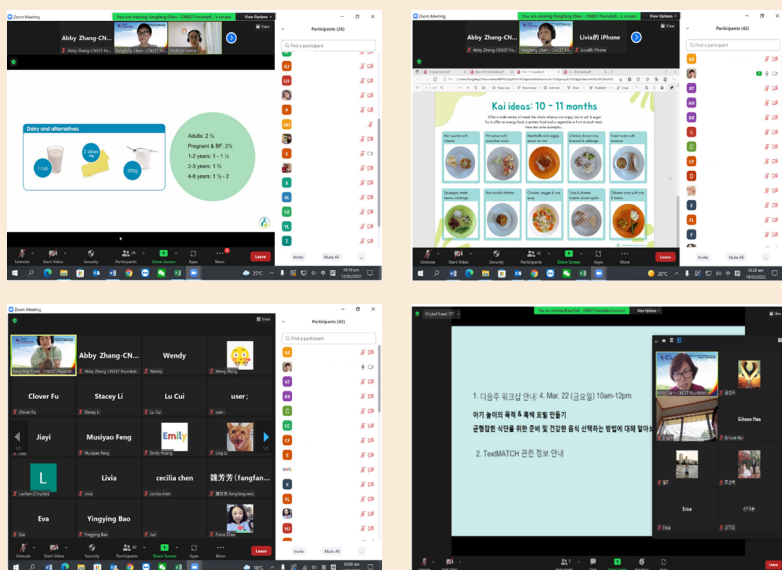


Healthy Babies Healthy Futures Asian Programme Newsletter

华社服 “健康宝宝，快乐家庭” 信息简报

Celebrating our success:

• Three healthy lifestyle programme webinars were delivered in February and March 2022. A total of 45 mothers completed the whole programme. They said the programme was very good, and useful which helped them solve their concerns during the pregnancy. Mothers said the course was clear and detailed, especially Q&A session.



– Autumn Edition issued on 8th of April 2022



Give us a call...

For Chinese:

Fangfang Chen & Abby Zhang

09-5701188 or 021-760121
wechat: fangfangnz

For Korean:

Maya Park

09-5709099

Join our free TextMATCH programme

TextMATCH is a FREE text message programme providing information and support around nutrition and physical activity during pregnancy and the first 2 years of a child's life delivered based on gestational age or child's age. TextMATCH is part of the Healthy Babies Healthy Futures (HBHF) programme. It is available to Maori, Pacific, Asian and South Asian people living in ADHB or WDHB districts.

Healthy lifestyle programme registration

The next healthy lifestyle programme is Toddler webinar scheduled on 7th of April 2022. Please call Fangfang 021-760121 for registration.



Time to focus on you for a moment

Being pregnant, welcoming your baby and becoming a parent are life-changing events. Having a baby can be an exciting and an emotional time. This change in your life and the lives of your whānau can make you feel overwhelmed and for some people it can affect your mental health.

An important way to prepare for this is to focus on you and what you need to keep yourself well. There are 4 areas you can focus on - physical health, spiritual health, family health, and mental health.

Physical health – Eat healthy foods, drink water, exercise at least a little every day, aim for periods of good quality sleep. Don't take on too much and if you are working aim to stop at least one month before your baby is due.

Spiritual health – Take time each day to sit quietly and be in the moment. Pray, meditate or practice mindfulness. Sit or walk outside alone and take time to reflect.

Whānau health – When you become a mum the relationships with your loved ones can change. Build your support network; think about your relationships are they strong and supportive? Know who your support people are and let them know.

Mental health – Be kind to yourself, accept that your moods change and you have good days and bad days. Don't expect too much of yourself, no one is perfect. Celebrate every little success. If you are feeling down let people know and talk to people about how you are feeling.



Look after yourself and stay healthy during pandemic period!



WELCOME
AUTUMN