

## WHAT SUPPORT IS AVAILABLE DURING LABOUR?

Birthing pool  
Swiss balls  
Slings  
TENS machines  
Entenox (Gas and Air)  
Massage  
Music  
You may bring alternative therapies with you, for example: aromatherapy, homeopathy, acupuncture

## WHY WOULD YOU BE TRANSFERRED TO ATA RANGI?

Waioha has been built alongside our specialist maternity facility Ata Rangī, which is just through a set of double doors.

The main reasons why you would be transferred to Ata Rangī are:

- Epidural for pain relief
- Progress in labour is slow
- Changes in your wellbeing
- Baby is in distress
- Your midwife is concerned and talks with the specialist on call

If transfer is necessary your postnatal stay will be on Ata Rangī ward following the birth of your baby.

## CAN YOUR SUPPORT PERSON STAY WITH YOU IN WAIOHA?

Yes, your support person is welcome. We have a support person guide which your midwife will go through with you. Your support person will need to agree with this and sign. For security and safety reasons your support person will need to wear an ID bracelet during their stay.

## WHEN CAN YOUR WHĀNAU, FAMILY AND FRIENDS COME AND SEE YOU?

So you and your baby get rest, a time to get to know each other and to establish feeding, our visiting hours are strictly 1pm-8pm Monday-Sunday.

Whānau, family and friends must make sure they are well. If they have any coughs, colds or sneezes they need to stay away to protect you and the wellbeing of your newborn baby.

Only your own children are allowed to visit to protect the health of your baby. Your partner or support person may stay with you at any time.

## HOW LONG DO YOU NEED TO STAY AFTER BABY IS BORN?

We want to make sure you feel confident and happy looking after your baby with feeding, changing a nappy and bathing. We work with your midwife, yourself, your whānau and family during this time. We also like to talk with you about the importance of safe sleep, answering any questions you may have, what your expectations are when you go home and what supports you have.

## WHERE IS WAIOHA?

Hawke's Bay Fallen Soldiers' Memorial Hospital  
Gate 3+4 Canning Road, Hastings  
Phone 06 878 8109, extn 6045



**Hawke's Bay  
Maternity**

Whare Kōhanga ō  
Te Matau ā Maui

HAWKE'S BAY  
District Health Board

# Waioha

*Creating and shaping our  
future by bringing new life  
into this world.*

Hawke's Bay Fallen Soldiers' Memorial Hospital's primary birthing centre



## ABOUT WAIOHA

Waioha has been developed as a shared vision by our community to celebrate new life and parenting.

Waioha is a dedicated, purpose built, safe place for women expected to have a normal vaginal birth.

It is located alongside the hospital specialist maternity facility, Ata Rangi so there is easy access to specialist care and support if it's needed.

The name Waioha relates to WAIRUA which is the soul or spirit of someone and is the greatest gift in all creation, breathing, new life. It is related to the sky father, Ranginui, and his wife Papatūānuku, earth mother, where all living things originate from. Waioha is creating and shaping our future by bringing forth new life into this world.

## WHAT IS WAIOHA?

Waioha is designed as a home away from home environment for fit and healthy women to give birth without the need of specialist care.

Waioha supports safe sleep, the importance of breastfeeding, and provides a welcoming environment for your new baby, whānau and family.

## WHY CHOOSE WAIOHA

Planning where to give birth is important. A normal birth is more likely when birth is planned in midwifery units or at home. Normal birth leads to fewer complications and a quicker postnatal recovery.

If you are a fit, healthy and well woman and there are no complications with your pregnancy Waioha offers full birthing and labour suites, with each suite offering:

- Spacious, private and secure suites
- Private bathrooms, individual birthing pools
- Single bed for partner or support person

Other factors to be considered are:

- Where do you feel most confident to have your baby?
- What is available to support you when in labour?
- Can your support person stay?
- How long can you stay?
- When can whānau, family and friends come and see you and your baby?
- Why would you be transferred through to Ata Rangi?

## HOW TO BOOK?

When you make an early booking with your LMC (midwife), a plan of care for you and your baby during your pregnancy will be discussed. You will be able to ask questions regarding what each facility offers so a decision can be made on where you will choose to give birth.

Research recommends that when you are fit, healthy and well and your pregnancy progresses normally the best place for you to have your baby is either at home or in a primary birthing centre such as Waioha.

## WHO CAN HAVE THEIR BABY IN WAIOHA?

- Women who are fit, healthy and well
- Only one baby on board
- Baby is head down
- 37+ weeks
- Early booking with an LMC (midwife)

## WHEN CAN WAIOHA BE USED?

In labour, during birth and after baby is born.