



Bay HypnoBirthing

HELPING YOU HAVE AN AMAZING BIRTH

Useful Links

Here are some of my favourite pregnancy and postnatal-related services...

Traditional Antenatal Classes

Hastings – Bronwyn Gardner at HB Doulas
www.hbdoulas.co.nz

Napier and Havelock North – Parents Centre
www.hbpc.org.nz

Positive Birth Classes

Similar to Hypnobirthing but with a bit more emphasis on movement and exercises
Di Reefman at Positive Birth & Bodywork
www.positivebirth-positivebodywork.co.nz

Pregnancy Yoga

Havelock North – Rachel Chapman at Circle of Yoga
www.circleofyoga.co.nz

Napier – Yin Yoga
www.yinyoganapier.co.nz

Reflexology

Napier and Hastings – Nicki Lampon at Bay Reflexology
www.bayreflexology.co.nz

Nutrition

Napier, Hastings & Waipukurau – Alison Cowell at Healthy Eating
www.healthyeating.net.nz

Hastings – Hazel Thomas at Healing Nutrition
www.healingnutrition.co.nz

Naturopathy

Napier – Bridgitt McNabb at Maintaining Your Health
www.maintainingyourhealth.co.nz

Homeopathy

Napier – Heidi Beck at Thrive Homeopathy
www.thrivehomeopathy.co.nz

Acupuncture

Hastings, Otane & Waipukurau – Neil Foxcroft at True Point Healing
www.truepointhealingnz.com

Pregnancy Massage

Napier – Amanda Bell at Napier City Massage Therapy
www.napiermassage.co.nz

Hastings & Haumoana – Di Reefman at Positive Birth & Bodywork
www.positivebirth-positivebodywork.co.nz

Pregnancy and Newborn Photography

Karyn Worthington at Karyn Worthington Photography
www.karynworthington.co.nz

Placenta Encapsulation

Benefits include decreasing the risk of postnatal depression and boosting iron levels
Hayley Hinchco at Hawke's Bay Placenta Encapsulation
www.facebook.com/hawkesbayplacentaservices

Placenta Burial

Handmade biodegradable flax cocoons for placenta burial
Earth Friendly Cocoons
www.earthfriendlycocoons.com

Craniosacral Therapy for Newborns

Hastings – Di Reefman at Positive Bodywork
www.positivebirth-positivebodywork.co.nz

Breast Feeding Support Groups

Napier and Hastings – La Leche League Hawke's Bay
www.lalecheleague.org.nz/hawkes-bay

Napier and Hastings – Baby Café

<http://www.ourhealthhb.nz/health-services/hawkes-bay-maternity/preparing-for-breastfeeding/>

Breast Pumps

Bronwyn Gardner at HB Doulas
www.hbdoulas.co.nz

Postnatal Depression Support Group

Napier and Hastings – Mummy Matters
www.facebook.com/groups/1927657617480658

Pelvic Health and Physio

Pregnancy and postnatal pelvic floor health and physiotherapy
Napier – Bernadette Nolan at Hawke's Bay Pelvic Health and Women's Phyiotherapy
www.hawkesbaypelvicphysio.co.nz

Baby Buggies, Car Seats and other stuff

Buy or hire buggies, car seats and other baby products

Nicki McGavrock at Baby on the Move

www.babyonthemove.co.nz

Plunket

Parent groups, education, car seat advice, toy library, play groups, etc

www.plunket.org.nz