



Helensville Birthing Centre

TE PUNA WHĀNAU KI TE AWAROA

Visitor Policy 07 October 2020

From the 8th of October Auckland will be under Covid 19 Alert level 1.

Helensville Birthing Centre will be returning to business as usual. This includes lactation consultant appointments, and Pregnancy and Parenting classes, being face to face. Coffee group is also now able to resume.

We are now able to welcome friends and family back to visit. Having many visitors can be tiring and affect recovery from birth and establishment of breastfeeding. We found some benefits of limited visiting during levels 2, 3 and 4. Mothers have had more opportunity to rest and relax without the pressure of visitors, they have gone home more rested and with fewer breastfeeding problems. Please be considerate of the new parent's needs.

Level 1 Visiting Guidelines

Partners and siblings of the newborn 8am – 8pm

(partner or a support person may stay overnight)

Family and Friends 1 – 3pm and 5 – 7pm

All visitors will be screened on entry to the centre and contact details collected.

Please do not visit if you are at all unwell