

## BABY AND TODDLER GYM

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

**Jumping Beans** From 3 months [www.jumpingbeans.net](http://www.jumpingbeans.net)  
**YMCA Massey & Lynfield** From 1 year [www.ymca.org.nz](http://www.ymca.org.nz)  
**Tumbleweeds** From 18 months 838-3706

## GOOD PRAM WALKS

- Arataki Visitors Centre, Nature Walks, Scenic Drive
- Craig Avon Park, Portage Road, Green Bay
- Exhibition Drive, Off Scenic Drive, Oratia/Titirangi
- Harbourview Reserve Walk, Te Atatu Peninsula
- Henderson Heritage trail (behind West Wave)
- Olympic Park, New Lynn Sculpture Walk
- Project Twin Streams walk and cycle way  
[www.waitakere.govt.nz/abtcit/ne/pdf/cycleways-funmap.pdf](http://www.waitakere.govt.nz/abtcit/ne/pdf/cycleways-funmap.pdf)
- Waiparera Walkway, Start from Luckens reserve
- West Harbour Coastal walk
- Western Springs

## PRE-SCHOOL STORYTIMES

Held at your local library these half hour sessions are a combination of stories, rhymes and music. Contact your local library under Waitakere City Council in the white pages or [www.waitakere.govt.nz](http://www.waitakere.govt.nz) for days and times.

## INDOOR PLAYGROUNDS

**Chipmunks Henderson** 838-2033  
201 Lincoln Road, Henderson  
**Little Monkeys** 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**, Kelston Girls High School 827-9635  
**Philips Aquatic Centre**, 40 Alberton Ave, Mt. Albert 815-7005  
**West Wave**, Alderman Drive, Henderson 838-3706  
**Duck n Dive Swim Academy**, Lynwood Road, Kelston 818-6166  
**Swimsation Swim School**, Peninsula Primary School, Waipani Ave, Te Atatu Peninsula. [www.swimsation.com](http://www.swimsation.com) 948-2414

## TOY LIBRARIES

Join and you can borrow toys for 2 weeks with a usual cost between 50c and \$2 per toy. Usually you do a session duty every few months. Go to [www.toylibrary.co.nz](http://www.toylibrary.co.nz) for days and times open.

**Mt. Albert**, 732 New North Road, Mt. Albert N/A  
**Ranui**, Ranui Baptist Church, 464 Swanson Road, Ranui 833-4023  
**Salvation Army New Lynn**, 32 Delta Avenue, New Lynn 827-3128  
**Te Atatu Peninsula**, Bible Chapel, Corner Waipani and Beach Roads  
**West Auckland**, 229 Portage Road, Green Bay 827-3343

## TOY HIRE

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

**Toy hire and Toyplanet** 2 Wagener Place, St. Lukes 849-5513  
[www.toys.co.nz](http://www.toys.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**, Community House, 13 Pisces Road 818-2194  
Monday and Wednesday 9.15 – 11.45

**Green Bay**, Community House, 827-3300  
Tuesday and Thursday 9.30 – 11.30

**Henderson**, Community Hall, Millbrook Road 818-7979  
Friday 9.30 – 11.30

**Huia**, Huia Hall 816-8278

**Massey**, Community Centre, Don Buck Rd. 827-2307  
Thursday 9.30 – 11.00

**New Lynn**, Community Centre, 827-2307  
Plunket Playgroup Thursday 9.00 – 12.00  
Pacific Families Playgroup Monday and Friday 9.30 – 12.00

**Oratia**, 818-5107

**Ranui**, Community Centre, Swanson Road 833-6280  
Tuesday Music and Movement playgroup 11.45 – 12.30  
Wednesday Jellybeans Playgroup 9.30 -11.30

**Piha**, Playgroup 812-8013

**Rudolf Steiner**, 5 Helios Place, Titirangi 817-4386  
Monday to Friday 9.30 – 12.00

**Te Atatu Peninsula**, 834-3202  
Community Centre, 595 Te Atatu Road  
Wednesday and Friday 9.30 – 11.30

**Te Atatu Peninsula**, 834-5827  
Community House, 580 Te Atatu Road  
Thursday 9.30 – 11.30

**Titirangi**, War Memorial Hall 817-7224  
Thursday Plunket Playgroup 9.00 – 12.00

# WEST AUCKLAND PARENTS CENTRE



## INFORMATION FOR PARENTS

- **WHO TO CALL**
- **WHERE TO GO**
- **WHAT YOU NEED TO KNOW**

## SUPPORT & INFORMATION

**West Auckland Parents Centre** 837-8481  
PO Box 83192, Edmonton, Waitakere City, 0652  
email: [w.auckland@parentscentre.org.nz](mailto:w.auckland@parentscentre.org.nz)  
website: [www.westaucklandparents.org.nz](http://www.westaucklandparents.org.nz)

Our services include:

- Antenatal Courses
- Parent Education
- Parent Support
- Advocacy and Lobbying

**Plunket Help Line** 0800-933-922  
24 hour a day help line for families and caregivers

**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** 836-4122  
A free in home childcare and helping service in times of illness, accident, stress or other emergency.

**Accident and Emergency Support**  
Waitakere Hospital, Lincoln Road, Henderson 839-0000  
Westgate A&E, Fernhill Drive Massey 833-3134  
White Cross 131 Lincoln Road, Henderson 836-3336

**Carseat and Equipment Hire**  
Plunket Car Seat Hire 837-1871  
Baby on the Move [www.babyonthemove.co.nz](http://www.babyonthemove.co.nz)  
Baby Factory Stores 0800-BABYFACTORY

**La Leche League** 846-0752  
 Breastfeeding Information and Support  
 Caroline 425-0413  
 Tracey 536-6605  
 Alison 489-9900  
 or Text 021-074-7333

**Lactation Consultant** – Barbara Fletcher 838-1566

**Cloth Nappy Education Centre** 839-0400  
 601 Te Atatu Road, Te Atatu Peninsula  
 9.00am to midday, Tuesday, Thursday, Saturday.

**Breast Pump Hire**  
 • Golf road Pharmacy, Titirangi 817-7053  
 • All seasons Pharmacy, Te Atatu South (also hire Baby rockers, Apnia monitor and Tens Machines) 834-3067  
 • Baby Factory, All stores 0800-BABYFACTORY

**Post-Natal Distress Support Network Trust** 836-6967  
 Support and information for women and families affected by Post Natal Depression

**West Auckland Women's Centre** 838-6381  
 Women focussed information, courses and support

**Maternal Mental Health** 488-6434  
 Post Natal Depression information and advice

**Barnados** 0800-4-PARENT  
 Parent Help line www.barnados.org.nz

**Man Alive Counselling and Wellbeing Centre** 835-0509  
 Support for fathers www.manalive.org.nz

**Relationship Services** 837-2723  
 Counselling and information about Parenting and relationships

**0800 MUM 2 BE** 0800-686-223  
 Pregnancy information

**Healthline** 0800-611-116  
 Health advice for the entire family

**National Poisons Centre** 0800-POISON  
 Information on Poisons and poisoning

**Immunisation Advisory Centre** 0800-466-863  
 Information based on scientific facts www.immune.org.nz

**Immunisation Awareness Society** 303-0187  
 Information about risks and side effects www.ias.org.nz

**Parent Helpline** 0800-4-PARENT

**Parents as First Teachers (PAFT)** 835-0150  
 Practical support for families with children aged birth to 3 years

**Other information sites for parents**  
 www.parentscentre.org.nz www.babywebnz.org  
 www.littlies.co.nz www.kidsnewzealand.com  
 www.huggies.co.nz www.thenappynetwork.org.nz  
 www.kidspot.co.nz www.reachme.co.nz

**OTHER IDEAS**  
**Active Movement**  
 Under 5's active movement information, resources and events  
 www.sportwaitakere.co.nz or www.sparc.org.nz

**Ambury Farm Park** 366-2000  
 Mangere Bridge www.arc.govt.nz/parks

**Animates** 838-0730  
 Cnr Lincoln Rd and Universal Drive

**Arataki Visitors Centre** 366-2000  
 Scenic Drive, Oratia www.arc.govt.nz/parks

**Auckland Museum** 309-0443  
 The Auckland Domain, Parnell www.aucklandmuseum.com

**Auckland Zoo** 360-3800  
 Motions Road, Western Springs www.aucklandzoo.co.nz

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

**Butterfly Creek** 275-8880  
 Airport, Manukau www.butterflycreek.co.nz

**Crystal Mountain** 833-5033  
 80 Candia Road, Swanson www.crystallmountain.co.nz

**Mt.. Albert Grammar School Farm**  
 Tours Thursday and Friday 10.15 – 11.15  
 For bookings call 846 2044 or email lamper@xtra.co.nz

**Old McDonalds Farm/Kiwi Valley** 837-2952  
 Henderson Valley Road www.kiwivalley.com

**Rainforest Express** (Train) 302-8028  
 or email rainforest@water.co.nz for bookings. www.watercare.co.nz

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

**West Lynn (Butterfly) Gardens** 827-7045  
 73 Parker Avenue, New Lynn, www.westlynnngarden.org.nz

## CLOTHING & NURSERY ITEMS

\* Includes 2nd hand items

- Baby City Lynn Mall and Henderson
- Baby Factory New Lynn and Henderson
- Bees Nees \* Cnr Portage & Bolton Roads, New Lynn
- Clothing World \* Portage Road, Green Bay
- Cotton On Kids West City, Henderson
- Dimples www.dimples.co.nz
- Farmers LynnMall, West City and Westgate
- JK - Just Kids Westgate, Massey
- Kiwi BABY \* Cnr Dominion and Mt.. Albert Roads
- Kmart Waitakere Plaza, Henderson
- Pumpkin Patch LynnMall, West City and Westgate
- SaveMart \* 21 Veronica Street, New Lynn
- Simply Kidz \* 28 Clark Street, New Lynn
- T&T Childrenswear LynnMall, West City and Westgate
- The Warehouse Auckland wide
- Winkalotts \* www.winkalotts.co.nz

## PARTY TIME

**Special Day Cakes & Decorating Supplies** 837-3187  
 260b Swanson Road, Henderson (at the Lotto Shop)

**Party Supplies**, www.partyinaboxnz.co.nz 0508-7278-9269

**West Auckland Parents Centre**, Hire of a Party kit including child height table and chairs and a bubble machine.  
 email: info@westaucklandparents.org.nz

## 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

There is also a Playcentre shop, www.aucklandplaycentreshop.co.nz  
 Phone 827 8648 for hours and visit it at 12 Stock Street, New Lynn.

## DAYCARE & 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. www.akkindergarten.org.nz, or look under 'Kindergartens' in the Yellow Pages for private kindergartens.

## MAINLY MUSIC

Preschool children and their caregivers enjoying music, rhyme, rhythm, creative dance and more. www.mainlymusic.co.nz 629-6025