

33 Weeks:

Back/pelvic pain

As your pregnancy progresses and pepi grows, it is common to experience increased back and or pelvic pain.

As midwives we know that [smiley belts](#) or [belly bands](#) can help. As well as spinning babies exercises.

Women's health physio

There are times when a physio is needed to help with back/pelvic pain, as well as pelvic health. A referral through the Hospital can sometimes take weeks or even months to happen. Recommended Women's health physios are [The Vagina Physio](#) and [Total Mums Physio](#).

Breastfeeding

Waitemata Hospitals (Waitakere & North Shore) provides publicly funded pregnancy and parenting education. The Pregnancy and Parenting classes are for all women expecting their first baby, their partners, support people and whanau. The breastfeeding classes are available for all women planning to breastfeed, their partners, support people and whanau.

[If this sounds like something you would be interested in please click here to read more.](#)

La Leche League welcomes mothers, pregnant women, their children and support people to our meetings for encouragement, support, information and discussion on a wide range of breastfeeding and parenting topics. The discussion topics for the meetings are flexible depending on the needs of those present.

[Find your local meeting here](#)

We always encourage breastfeeding, sometimes it takes a little while to establish. There are so many apps to support breastfeeding that we'll talk about throughout your appointments. We are here to support your journey, so we want to start talking about it early and answer all your questions. We will supply some pamphlets and offer lots of video links to help.

Postnatal care:

You may want to stay at a birthing unit following the birth of your child for a couple of days, there are a couple of options.

[Warkworth Birth Centre](#) & [Helensville birthing centre](#) are fully funded if you deliver in the North Shore or West Auckland area either at home or at North Shore/Waitakere hospital.

[Parnell Birthcare](#) is not funded, however if you have private medical insurance this may be covered in your policy.

Are you prepared for your baby?

Often it can be overwhelming trying to work out what to buy, here are a couple of reputable New Zealand sites to start with.

[Breastmates](#)

[The Sleep Store](#)

Hospital Tour

So you have an idea of where you will be having your baby, have a look around at these hospital tours:

[Video of North Shore and Waitakere maternity](#)

Visiting Hours

To ensure women have the opportunity to rest, visitors are encouraged to keep to the visiting times below: the woman's partner or named support people may visit at any time between 8am - 8pm. all other visitors between 2pm - 4pm and 6pm - 8pm.

This sometimes changes due to Covid-19 restrictions, as we are living through a once in a lifetime situation, check with me around this time for the latest update on visiting hours at the maternity wards.

Blood test

At 36 weeks you will be due your last blood test. This blood test checks your iron levels and if you have been taking iron tablets, if they are working. It is important that your iron levels stay stable towards the end of pregnancy for both you and baby.


Perineal Massage

Some women choose to do perineal massage in the weeks leading up to having their baby, please see [this link](#) for more information.

Diastasis Recti:

Diastasis Recti is the separating of the rectus muscle in your abdomen during pregnancy. There are many things you can do to get your 'abs' back in shape post baby. Click [here](#) to read more about diastasis recti, [good information](#) on it and a [12 week postnatal programme](#) that can be done to help.

Car seats



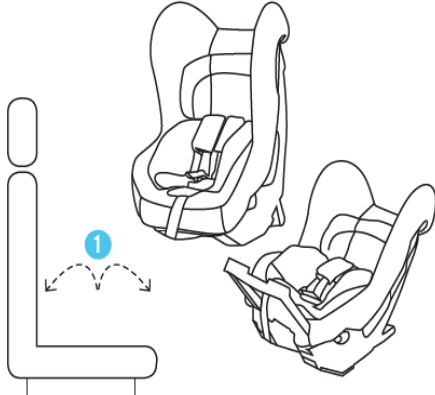
A diagram showing a capsule car seat being installed in a car seat. A dashed arrow labeled '1' points from the car seat's base to the car's seat back, indicating the correct placement.

CAPSULE

- 1 Rear facing only
- ★ 0-13+kg – birth to six/12/15 months

This is typically the first seat a new born will use, they only rear face and depending on the type you buy can cater for babies from 1.8-13kg or birth to 15 months (some go to 15.8kg which can be up to a two year old!)

| |
|-----------|
| 8+ years |
| 8 years |
| 7 years |
| 6 years |
| 5 years |
| 4 years |
| 3 years |
| 2 years |
| 15 months |
| 12 months |
| 9 months |
| 6 months |
| Birth |



A diagram showing a convertible car seat being installed in a car seat. A dashed arrow labeled '1' points from the car seat's base to the car's seat back, indicating the correct placement.

CONVERTIBLE

- 1 Rear and forward faces
- ★ 0-18kg – birth to four years
- ★ 0-29kg – birth to five/six years

This type of seat will rear face often from birth and when converted to forward facing mode up to four years of age. The length of time you can rear face for will depend on the seat you buy.

| |
|-----------|
| 8+ years |
| 8 years |
| 7 years |
| 6 years |
| 5 years |
| 4 years |
| 3 years |
| 2 years |
| 15 months |
| 12 months |
| 9 months |
| 6 months |
| Birth |

You might choose to hire rather than buy, please see the below companies for info.

[Baby on the move](#)

[Baby Factory](#)