



**Kei konei  
mātou**  
we are here

Did you know you can talk to a Plunket nurse anytime of the day or night?

PlunketLine is here 24/7 for parenting support – and you don't have to be a Plunket client.

Our nurses offer free support via phone and video calls on areas such as sleep, adjusting to parenthood, children's health, breastfeeding and so much more.

**0800 933 922**

30<sup>+</sup>  
years old



**plunketline**  
whānau āwhina