

B4 School Referrals – Quick guide

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Contents

B4 School Referrals – Quick guide	1
Vision and Hearing concerns	2
Toileting concerns	2
Sleeping concerns	3
Home Fire Safety concerns.....	3
Oral health concerns.....	3
No ECE enrolment	4
Smoking support.....	4
Growth (BMI > 98% or <0.4%)	4
Immunisation	5
Incredible years – Parenting program (<i>Free</i>) and Triple P (<i>Paid</i>)	5
Speech and Language concerns (Isolated)	5
ADHD or ADD suspected	6
Specific learning difficulties – problems such as dyslexia	7
Family harm / Child protection.....	7
Agencies to Support Whanau.....	7
Mental Health.....	8
Interpretation.....	8
Child Development Centre (CDC)	9

Vision and Hearing concerns

Waikato has a FREE ear clinic service for children (Mobile unit as well). Visit the ear nurse for advice on glue ear assessment and management, wax/foreign body removal, grommet checks, and treatment of discharging ears. Families can contact the Children's Ear Clinic directly to make a booking:

Children's Ear Clinic
51 Gallagher Drive, Hamilton
Phone: 07 838 3565

[Children's ear clinic » Te Whatu Ora Health New Zealand Waikato](#)

For children that require urgent screening please contact the B4 School programme Coordinator on B4SC@pinnacle.health.nz to arrange.

Toileting concerns

Resources:

- Autism Little Learners: <https://autismlittlelearners.com/category/social-stories/>
- Continence Information – Children: <https://www.continence.org.nz/younger-children>
- Potty Training Problems: Causes and Solutions <https://eric.org.uk/potty-training/#common-potty-training-problems>
- Potty Training: How to Start and the Best Age to Potty Train <https://eric.org.uk/potty-training/>
- The Poo in You https://www.youtube.com/watch?v=SgBj7Mc_4sc
- Toilet Training: A Practical Guide: <https://raisingchildren.net.au/preschoolers/health-daily-care/toileting/toilet-training-guide>
- Toilet Training for Children with Autism Spectrum Disorder, and Learning Disorders: <https://www.continence.org.nz/disability-and-continence>
- Toilet Training your Child: <https://www.plunket.org.nz/caring-for-your-child/hygiene-and-daily-care/poos-nappies-and-toilet/toilet-training-your-child/>

Referral:

- Book an appointment with the GP
- BPAC referral to Public Health Nurse – Continence team

Sleeping concerns

Resources:

Non funded:

- Sleep Works is a New Zealand based Baby & Toddler Sleep Consultant
<https://www.sleepworks.co.nz/>

Free:

- PlunketLine is now offering face-to-face online support sessions with nurses who are specially trained to help with sleep and settling pēpi. [Online sleep consultations » Whānau Āwhina Plunket](#)
- The Murdoch Children's Research Institute has podcasts and sleep strategies that can help you to manage some of the sleep issues tamariki may have [Managing Sleep Problems | KidsHealth New Zealand's Trusted Voice On Children's Health](#)

Referral:

- Book an appointment with the GP

Home Fire Safety concerns

Criteria:

Family does not have more than 1 smoke alarm on each level of the home, and the family has a current community services card

Referral:

- Families can self-refer <https://www.fireandemergency.nz/home-fire-safety/refer-a-home-fire-safety-visit/>

Oral health concerns

Community Oral Health provides FREE oral health services for eligible children residing in the Waikato District Health Board area.

Resources:

- Lift the lip video tutorial https://www.youtube.com/watch?v=D_vDdzJMA4E

Community Oral Health

- <https://talkteethwaikato.co.nz/>
- 0800 TALK TEETH (0800 8255 83384)
- Appointments: 07-8599160
- or email: admin.dental@Waikatodhb.health.nz

Referral:

- Families can self-refer [Community Oral Health registration » Te Whatu Ora Health New Zealand Waikato](#)

No ECE enrolment

20 Hours ECE Funding: All 3, 4, and 5-year-olds in New Zealand are eligible for up to 20 hours of free early childhood education per week. This can significantly reduce the cost of ECE.

Resources:

- ECE funding: <https://www.education.govt.nz/parents-and-caregivers/early-learning/available-assistance/20-hours-funding-early-childhood-education>
- ECE information for parents: <https://www.education.govt.nz/parents-and-caregivers/early-learning/starting-early-learning>

Referral:

- **Ministry of Education**
- MoE (07) 850 8880 ask to be put through to ECE Participation
- Email: enquiries.hamilton@education.govt.nz

Smoking support

Please always offer brief “support to quit smoking” advice

Resources:

- Pinnacle: <https://www.pinnacle.co.nz/information-for-patients/once-and-for-all>

Quitline

- Call Quitline: 0800 778 778 or Text: 4006.

Referral:

- [Help and support | Smokefree.org.nz](https://www.smokefree.org.nz)

Growth (BMI > 98% or <0.4%)

Bodywise is a free whānau-focused healthy lifestyles programme for overweight children aged 5 to 12 years (Will take referrals for 4-year-olds)

Resources:

- [Bodywise healthy lifestyle programme for tamariki — Waikato](#)
- BMI Centile calculator: <https://www.jackofallorgans.com/bmi-centile/>

Bodywise

- phone: 07 839 8899 (extension 96957)
- email: bodywise@waikatodhb.health.nz

Referral:

- Book an appointment with the GP or refer to the community dietician vis BPAC for BMI 0.4% and below
- Refer to Bodywise for BMI 98% and above

Immunisation

For families that want extra support to get their immunisations done:

Resources:

- [Immunisations](#)

Referral:

- Book an appointment with your clinic
- Refer to OIS (Outreach Immunisation Services) via BPAC referral or Email:
nir_coordinators@waikatodhb.health.nz

Incredible years – Parenting program (*Free*) and Triple P (*Paid*)

Great option for mild behaviour problems in 4-year-olds.

Parentline now offer Incredible years: Autism (Age 3 – 8 years)

Please contact the Ministry of Education to enquire about upcoming Incredible Years training.

Resources:

- www.parentline.org.nz
- [Incredible Years Parent / Welcome - Positive Behaviour for Learning](#)
- <https://www.triplep-parenting.net.nz/nz/triple-p/>

Referral:

- Parentline have an online referral form on their website.
- MoE Waikato: enquiries.hamilton@education.govt.nz
Phone: 078508880

Speech and Language concerns (Isolated)

Resources:

- Please share this link with families: <https://www.plunket.org.nz/child-development/communication/communication-3-5-years/>
- Hearing and communication: <https://www.kidshealth.org.nz/hearing-communication>
- Communication Development by 4 years: <https://www.kidshealth.org.nz/communication-development-by-4-years>
- Much more than words: <https://www.pinnacle.co.nz/assets/b4-school-check-resources/much-more-than-words-e-copy.pdf>

Referral:

- Ministry of education: <https://www.education.govt.nz/education-professionals/early-learning/learning-support/learning-support-early-years>
- Private Practice SLT providers: <https://speechtherapy.org.nz/find-a-therapist/#AnchorPPdirectory>

ADHD or ADD suspected

Young children often have short attention spans and act impulsively. If these behaviours are severe and affect learning and relationships across different settings, they may indicate ADHD.

For children with possible ADHD, non-medication approaches include behaviour management and social skills training. Parents and teachers play an important role in helping children learn and practise coping skills, and family counselling can support everyone in understanding and assisting the child.

Building Resilience & managing emotions

- <https://sparklers.org.nz/>
- <https://www.kidshealth.org.nz/emotional-mental-wellbeing>

Ensure your child has healthy sleep habits

- <https://www.kidshealth.org.nz/topics/managing-sleep-problems>

Parenting resources and support

- <https://www.triplep-parenting.net.nz/nz/triple-p/>
- <https://healthify.nz/hauora-wellbeing/p/parenting-resources-courses-and-support>
- <https://healthify.nz/hauora-wellbeing/p/parenting-styles>
- <https://newzealandcurriculum.tahurangi.education.govt.nz/new-zealand-curriculum-online/teaching-support/diversity-and-inclusion/5637144676.c>
- <https://rtlb.tki.org.nz/The-RTLB-service/What-RTLB-do>

Supportive information for ADHD

- <https://www.kidshealth.org.nz/adhd-aroreretini>
- <https://inclusive.tki.org.nz/guides/adhd-and-learning/>
- <https://www.adhd.org.nz/>
- <https://healthify.nz/health-a-z/a/adhd-children>
- <https://mentalhealth.org.nz/explore-mental-health-wellbeing/mental-health-conditions/adhd-in-children/>

Funded/partially funded counselling options

- <https://www.gumbootfriday.org.nz/>
- <http://spsw.org.nz/services/counselling-for-youth/>
- <https://barnardos.org.nz/>
- <https://www.parentline.org.nz/>
- <https://www.ps.org.nz/family-works-nz/>
- <https://kidslink.co.nz/services-view/counselling-worx-waikato-ltd/>
- <https://www.familyworksnorthern.org.nz/service-centre/waikato>
- <https://www.wellbeingsupport.health.nz/>

Specific learning difficulties – problems such as dyslexia

Please refer to School based services or private providers such as SPELD, Learning Matters or Kip McGrath

Resources:

- [Speld New Zealand - Dyslexia and other learning difficulties](#)
- [Learning MATTERS | Learning MATTERS](#)
- <https://www.kipmcgrath.co.nz/>

Family harm / Child protection

Please refer to the CAPE team, Parentline or Oranga Tamariki

Resources:

- [Parentline](#)
- [Oranga Tamariki — Ministry for Children](#)

Child Advisory Protection and Education (CAPE) Team

- On-call Paediatric Medical Registrar (Available 24/7 via the hospital operator Ph: (07) 839 8899)

Referral:

- CAPE team duty phone: 0212723716 and email: childprotection@waikatodhb.health.nz
- Shelley Diprose – Maternity Wellbeing Coordinator 027 263 2158
vulnerableunbornwaikato@waikatodhb.health.nz
- Oranga Tamariki National Contact Centre Ph: 0508 326 459 (0508FAMILY)
- Kathryn Jacoby – Oranga Tamariki Hospital Liaison 029 442 1185
Kathryn.Jacoby@ot.govt.nz

Agencies to Support Whanau

- Family Services Directory <https://www.familyservices.govt.nz>
- Kirikiriroa Family Services Trust - Family Start and Te Haumirimiri Ngākau Mokopuna
www.kfst.org.nz
- K'aute Pasifika Trust <https://kautepasifika.co.nz/>
- Te Whakaruruhau – Waikato Women's Refuge www.waikatowomensrefuge.co.nz/

Mental Health

Resources:

- Mental Health Services in the Greater Hamilton Area: <https://www.ngaaringaawhina.org.nz/>

Referral Process

- Who can refer: You can self-refer or be referred by a GP, family member, or other health professional.
- Cost: The service is completely free.
- What they do: They act as a single point of entry for child and adolescent mental health services and needs assessments in the Greater Hamilton area.

Contact Details for Referrals

- **Phone:** 07 839 5146
- **Email:** Inward.Referrals.NRA@ngaaringaawhina.org.nz

Address: 195 Collingwood Street, Hamilton Lake, Hamilton 3204

Hours: Monday to Friday, 8:00 AM to 5:00 PM

- **Plunket online perinatal mental health support:** A free, online perinatal mental health service supporting parents and caregivers who are experiencing mild to moderate distress, anxiety or depressive symptoms and who have children aged up to 5 years. Email B4SC@pinnacle.health.nz and we will send you the referral form.

Any questions? For more information please contact:

- **Maree Eales**
Service Manager
Maree.Eales@plunket.org.nz
- **Maria Van Der Plas**
Regional Operations Manager, Central & Southern
Maria.VanDerPlas@plunket.org.nz

Interpretation

- Dechypher: <https://www.decypher.co.nz/>

How to Make a Referral or Booking

- **Phone Bookings:** Call **07 853 0480** or toll-free at **0800 332 974**. For active or urgent appointments, you can call their coordination line directly.
- **Email:** Send client details, required language, and appointment date/time to info@decypher.co.nz

Information Needed:

- Provide the specific language required,
- Date, time, and the nature of the appointment (face-to-face, phone, or video)

Child Development Centre (CDC)

The CDC is funded under Whaikaha – Ministry of disabled people. Please only refer if the child have delayed developmental progression in **two or more** of the following areas:

- **Communication skills** – difficulty communicating what they want or understanding what is being communicated to them
- **Social / play skills** – not playing or interacting with others / toys as you would expect a child of this age to be doing
- **Conceptual skills** – problems with thinking and problem-solving skills
- Significant language delay – problems with speech or understanding language
- **Fine motor skills** – difficulties with using the small muscles of the body for things like holding spoon or picking up small objects
- **Gross motor skills** – problems with using the large muscles of the body for things like running, sitting, crawling and jumping
- **Self-care skills** – difficulties with activities like toileting, dressing and feeding
- **Restricted / repetitive behaviours** – has set rituals or routines and changes to these cause upset, or unusually strong interests in particular topics / toys / objects etc.
- Difficulties with swallowing and/or eating

Resources:

[Child development — Waikato](#)

Child development — Waikato

- phone: [07 839 8709](tel:078398709)
- email: CDCadmin@waikatodhb.health.nz

Referral:

Preschool referral form can be downloaded at:

- <https://www.healthnz.govt.nz/hospitals-services/hospitals/waikato/child-development>