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# MIDWIFE

## TAPUHI Ā-WHARE

Midwives provide care and support to women, their partners and whānau during pregnancy, labour and birth, and for six weeks following the birth. They also provide wellness and parenting information and education for mothers and their families. Midwives provide information and support for parents learning how to care for and feed their newborn pēpi.



Kia Ora **Hauora**  
Supporting Māori into Health

## WHAT IS A MIDWIFE?

Midwives provide care and support to women, their partners and whānau during pregnancy, labour and birth, and for six weeks following the birth. They also provide wellness and parenting information and education for mothers and their families. Midwives also:

- support women through the normal physiological processes of pregnancy and childbirth
- support women and their whānau to maintain good physical, emotional and mental well-being throughout pregnancy
- discuss and organise ultrasound, blood tests and other screening tests during pregnancy
- refer to other health practitioners when necessary during the pregnancy, labour, birth and post-birth period
- care for women during labour, birth and the post-birth period, including prescribing medications if necessary
- provide information and support for parents learning how to care for and feed their newborn pēpi.

## WHERE DO MIDWIVES WORK?

Midwives work in a variety of settings including

- community midwifery practices
- neonatal intensive care units and maternity hospitals.
- self-employed working independently in small group practices or as part of a team providing care to women.

## WHAT TRAINING IS INVOLVED?

To become a midwife, you need to complete a Bachelor of Midwifery – a four-year equivalent degree programme combining theory and practice that is completed over three years. Parts of the degree can be done through distance learning.

### **Auckland University of Technology (AUT):**

Auckland, Northland, Taranaki

### **Waikato Institute of Technology (Wintec):**

Hamilton, Waikato, Tairāwhiti, Hawke's Bay, Bay of Plenty, Rotorua/Lakes

### **Ara Institute of Canterbury (Ara):**

Christchurch, Nelson/Marlborough, West Coast, South Canterbury

### **Otago Polytechnic:**

Dunedin, Wellington region (including Wairarapa, Hutt Valley and Kapiti Coast), Manawatu (including Palmerston North, Whanganui), Central Otago, South

Midwifery schools offer an extended three-year bachelor's degree programme, meaning that each year has a minimum of 45 programmed weeks. All students, whether full-time or part-time, must complete the programme within four years of commencement.

## WHAT CLASSES SHOULD I TAKE NOW?

NCEA Level 3 in at least three subjects is required to enter further training and useful subjects include:

- Maths
- Biology
- Chemistry
- Health education
- Te Reo Māori
- English

