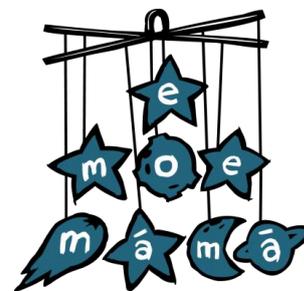


E Moe Māmā: Maternal Sleep and Health in Aotearoa/New Zealand

December 2010

Issue 3



Kia ora and Welcome to the third edition of the E Moe Māmā: Maternal Sleep and Health in Aotearoa/New Zealand newsletter. Currently, we have 855 enrolled women in our study. We would like to thank all of the women who have given up their time to participate to date as well as all of the individuals who are helping to recruit women into the study.

With over 500 non-Māori women involved in the study, our focus now is on increasing the participation by Māori women and we have updated our recruitment processes to help us achieve this.

We have received overwhelming positive feedback about the study and hope you have enjoyed being part of it. Data collection for the study will continue throughout 2011, with women who are due to have their baby on or before 1st September 2011 being eligible to participate. Don't forget to check out our website www.mumsleep.co.nz or to join us on facebook.



The E Moe Māmā Research Team would like to wish you all a safe, relaxing and enjoyable Christmas



The E Moe Māmā study is now nationwide

We are now accepting enrolments from women who self identify as Māori from all over New Zealand. You may see copies of our new study posters in your local medical centres, health providers, pathology labs, Marae or Kohanga reo. We have also been featured in the New Zealand Herald, Wairoa Star, Taranaki Daily times, Cook Strait news and on Te Karere news and radio Waatea.

We are currently establishing recruitment sites in the Auckland region, so if you know a midwife, health provider or community organisation in this region who might be interested in helping with the study please let us know!



Massey University

MIDWIFERY WORKSHOP EARLY NEXT YEAR

In January and February 2011 we will be offering an educational workshop "Working Outside 9 to 5: Challenges and Strategies for Midwifery Practice" to midwives based in the Wellington region.

This is a 3-hour course that has received approval from the Midwifery Council and for which attendees can receive three elective education points. The course will cover:

- the physiology of sleep,
- the consequences of insufficient sleep for performance and health,
- the role of the circadian biological clock,
- challenges associated with shiftwork, and
- strategies for coping with shiftwork.

Midwives who have assisted the E Moe Māmā project with recruiting will have priority in enrolling in the course and will incur no charge. The courses will run on March 1st 2011 between 12pm and 3pm and on the March 23rd between 9am and 12pm. Venue (and cost where applicable) will be confirmed.

Those who are interested should email Monique Priston m.priston@massey.ac.nz or free phone 0800 MUMSLEEP.

Kokiri Marae doing the best for their community

In this newsletter we highlight the hard work of the Māori Nāku Ēnei Tamariki team (NET) based at Kokiri Marae and their help in assisting wahine hapū (pregnant women) in the Lower Hutt area to participate in the E Moe Māmā study.

What is Nāku Ēnei Tamariki?

Nāku Ēnei Tamariki (NET) is a proactive intensive early intervention home visiting support service for young parents and their pēpe in stressful circumstances. NET operates three cultural units – Māori, Pacific Island and Pākehā. The Māori Section of NET has been based at Kokiri Marae in Seaview since its inception in 1993.

What specifically does the Māori NET do?

The NET Māori Section facilitates the following programmes:

- Early Intervention (nurture, enjoy, teach) is an intensive long-term home visiting programme based on the principle that the first years of a child's life are most important.
- Parents as First Teachers (PAFT) is a three year home visiting education programme targeted at babies from 0-3 yrs old. PAFT is based on the philosophy that parents are the first and most important teacher of their tamariki, and offers support and guidance to parents in this role.
- Family Start is an early intervention programme that works with whānau in need of support around the time of the child's birth. A whānau worker assists in building strengths within whānau to ensure their tamariki have the best possible start in life.
- Haakuitanga Haakorotanga Parenting Programme Is a Māori parenting skills programme that gives Māori parents understanding of, and learning in, effective parenting skills.

So how is the Māori NET team helping with the E Moe Māmā study?

The Māori NET team is based at Kokiri Marae in Seaview and works largely with whānau living in the Lower Hutt, Wainuiomata and Upper Hutt region. The Māori NET team are encouraging wahine hapū in their community to take part in the study to learn more about how sleep changes affect them during and after pregnancy. The Māori NET team are also actively handing out information packs and assisting women to fill in the consent form or first questionnaire if needed. They are also handing out poster fliers and have put up copies of our newsletter in sites around their community.

The E Moe Māmā team are very grateful for the Māori NET team and their support of the E Moe Māmā project



Left to right: Renee Davies, Mereana Pasene, Serena Parker, Korena Wharepapa-Vulu, Te Arini Vulu and Kerry Dougall

New Poster for the E Moe Māmā Study

If you would like a copy of the study poster please contact 0800 MUMSLEEP or email:

www.mumsleep.co.nz

E Moe Māmā PREGNANCY SLEEP RESEARCH



Māori women needed



CAN YOU HELP?

We need 500 wāhine hapū (pregnant women) to take part in sleep research.

You will receive \$40 in gift vouchers when you fill in questionnaires in late pregnancy and after your pēpe is born.

TO FIND OUT MORE CONTACT US AT
Sleep/Wake Research Centre, Massey University

FREE PHONE 0800 mumsleep (0800 686 7537)

FREE TEXT text SLEEP to 5222

EMAIL mumsleep@massey.ac.nz

WEBSITE www.mumsleep.co.nz



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