

Tapuaki – Pacific pregnancy and parenting information

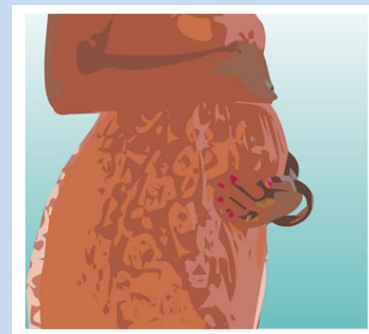
Version: no. 2.0.3

Last update: 31 March 2016

Date of review: April 2017

Cost: FREE

Platform: Apple, Android & desktop



Purpose: One-stop shop for information about pregnancy, mother and baby's growth/stages, parenting advice and support services.

Suitable for: Specifically designed for Pacific people with translations into English, Samoan, Tongan, Cook Island, Fijian, Niuean, Kiribati, Tokelau and Tuvalu languages.

Clinical safety: No concerns; information is from reputable New Zealand providers, i.e. TAHA Well Pacific Mother and Infant Service (University of Auckland), and app development by the National Institute of Health Innovation IT. The disclaimer clearly states that information provided is not intended to replace health advice by a midwife or lead maternity carer.

Pros:

- Clear, simple information provided with links to reputable local service providers
- Translation from English into 8 different Pacific languages
- Supporting information for other family members

Cons:

- Directory listings are for Auckland-based services only
- May have limited appeal to populations other than those targeted

***Dietitian recommendation:** This app provides a starting place for Pacific aiga to learn more about pregnancy and parenting, specifically the services that are available to them and how to access these. The information included is targeted to Pacific people, including translation into eight languages and is easy to understand.*

This app is not intended to replace expert advice from midwives and other medical professionals during these life-stages.
