

From pregnancy to pēpi — Best Start at every step

A simple guide to using the right Best Start tool at the right moment

Best Start Pregnancy

When: Booking visit and antenatal imms (e.g. 28 weeks)

Why: Early identification of clinical and social needs

Shared baseline across maternity and primary care

Supports timely referrals

Best Start Māmā

When: Early postnatal period (0–6 weeks)

Why: Supports maternal wellbeing

Identifies postnatal support needs early

Enables clear handover into general practice

Provides postnatal depression tool (EPDS)

Best Start Pēpi

When: 5–6 week check and enrolment in general practice

Why: Builds a shared picture of pēpi and whānau context

Supports continuity across providers

Flags early developmental or social concerns

Best Care Immunisation Catch Up

When: Immunisation reviews or missed/delayed events

Why: Identifies immunisation gaps early

Supports timely follow-up

Strengthens equity of access