



Mums4Mums is a
Registered Charity CC59848.
We depend greatly on the
generosity of our various funders,
sponsors and donors.
To support Mums4Mums and
the crucial and valuable work
Mums4Mums provides in our
community please visit our
website at:
www.mums4mums.org.nz

DONATE




Aroha in
Action


Welcome
to the
whānau

Connect with Us



Office: 07 262 0MUM (0686)
www.mums4mums.org.nz
Email: connect@mums4mum.org.nz

 @mums4mumsnz

 @mums4mumsnz



Mums4Mums Charitable Trust

Mums supporting new mums in the community
Aroha in Action.

Mums4Mums

Lovingly supporting mums and newborns in their homes since 2020.

Getting Started



1. M4M receives a referral to support mum
2. Mum is contacted and initial meeting is set up in her home
3. Meet in mums home for a chat and discover how to best support her
4. M4M will set up whānau in our database and match volunteers to whānau
5. Other identified support requirements are addressed
6. Volunteers start supporting whānau in their home, each shift is 2-hours in length

"The littlest feet make the biggest footprints in our hearts"



-Unknown-

Volunteers



Volunteers are often mums and grandmothers in your community who know the challenges of being a new mum.

They have the experience and understanding to support you in this important transition in your life.

Mums4Mums Volunteers are police vetted. Supported by a Regional Coordinator and are committed to assisting you for up to our initial 12-weeks. Extensions to support can be offered during our review up to 12-months.

Volunteers are scheduled in 2-hours shifts. They care for baby(s)/pepi so that mums can have some respite or extra support as she needs.

Some volunteers are available to travel with you for specialist appointments for moral and language support.

"A friend may be waiting behind a stranger's face."

Singles, Twins, Triplets ...Oh My!



How much support can I expect to receive?

- Typically, we seek to help Mums with a single newborn with 1 – 3 volunteers (up to 3-shifts per week)
- For Mums with twins and triplets, we seek to provide with 3+ volunteers, this may be one or 2 shifts per day
- However, each Mum can request help for specific times of the day/or days of the week. Volunteers will be matched as best we can to work with your schedule and needs.

24/7 Support Provided

At our initial visit, we will assist you with downloading the Signal Messenger App – used by yourself, the volunteers and Regional Coordinator to communicate with you as a team and coordinate our collective support of you and your baby(s)/pepi.

We call this our **Whānau Support Chat Group** – your extended family for the time you are with Mums4Mums.

As volunteers are matched to support your whānau, they too will be added to your Whānau Support Chat Group.