

Improving support for Asian families in New Zealand

A Plunket research project 2013

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Plunket supporting healthy beginnings since 1907

Together, the best start for every child | Whānau āwhina

New babies enrolled in Plunket born 2005/6 and 2011/12



Level one ethnicity	% babies birth date 2005/06	% babies birth date 2011/12	% change from 2005/2006 to 2011/2012
Asian	4513 (8%)	6618 (12%)	+47%
Maori	9255 (16%)	9071 (16%)	-2%
Pacific	5438 (10%)	5604 (10%)	+3%
European	33441 (59%)	31576 (55%)	-6%
Others	4274 (8%)	4115 (7%)	-4%

Well Child Tamariki Ora



- WCTO services at home, clinic, bus or family centre .
- Universal core needs assessment:
 - Health and development
 - Family/ whanau care and support
 - Health education
- Additional needs assessed service

First Foods



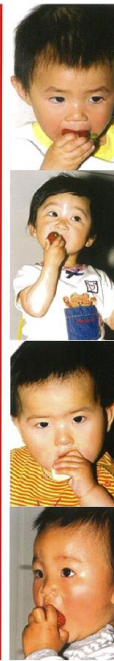
FIRST FOOD for CHINESE BABIES

First foods are important to help your baby grow strong and stay healthy. Here are some tips on foods and feeding to help you choose the best for your baby.



給華人寶寶的 固體食品

固體食品對於幫助您的寶寶茁壯成長和保持健康非常重要。這裡有一些關於嬰兒食品和喂養的建議，以幫助您為您的寶寶作出最佳的選擇。



first foods for south asian babies a complimentary feeding guide

ARPHS (2008), First Food for Chinese Babies; Mistry, R. & University of Otago (2009), First Foods for South Asian Babies; MoH (2008) Food and Nutrition Guidelines for Healthy Infants and Toddlers (Aged 0-2). MoH (2012), Healthy Beginnings: Developing perinatal and infant mental health services in New Zealand

Plunket family/whanau support



Supports families with community and volunteer services



PEPE, car seats, SKIP, playgroups, coffee groups

Plunket Line



24/7 our
nurses are
just a phone
call away

PlunketLine
0800 933 922

- Free service for all NZ families
 - Do not have to be enrolled with Plunket to use Plunketline
- Provides a multilingual service through interpreters and staff who speak various languages, including Chinese.



Plunket

Calling Asian families

- Are you of Asian ethnicity/descent?
- Are you a parent?
- Would you like to help improve health support for Asian families in NZ?

The Royal New Zealand Plunket Society (Plunket) is undertaking a research project to find out how we can improve the services and support that Plunket offers to Asian families in New Zealand.

Plunket offers Well Child health checks and community support services, including parenting courses, support groups and a telephone advice line (PlunketLine 0800 933 922) to all children aged 0-5 years and their parents in New Zealand. Around 12% of clients enrolled with Plunket identify with 'Asian' ethnicities/descent (this includes Indian, Chinese, Korean, Filipino, Cambodian, Vietnamese, Sri Lankan, Japanese, Afghan and others).

We would like to know:

- Where do you get support around parenting babies and children?
- What types of support and services would you like to have?
- What can be improved and how?

We invite you to take part in this research. This would involve:

- A focus group interview, where you and up to 11 other Asian parents will meet with an interviewer from Plunket and talk about support for Asian families in New Zealand.
- This would take around an hour of your time.
- The interview will take place one evening in May at a Plunket centre near you.

The focus groups will be conducted primarily in English but if you require an interpreter, we will provide one. All participants will receive a \$30 voucher in appreciation for their time.

For more information about this project or to register your interest, please contact:
Agnes Wong, Project Leader, Phone: 021 063 0162, Email: Agnes.Wong@plunket.org.nz

plunket.org.nz |  plunketnz |  plunketnz
Together, the best start for every child | Whānau āwhina






普朗凯特协会 (Plunket)
号召亚裔家庭

• 您是亚裔吗?
• 您为人父母吗?
• 您希望帮助改进对居住在新西兰的亚裔家庭的支持吗?

我们需要您的帮助

共同努力, 让孩子开始最健康的生命之旅 | Whānau āwhina

प्लंकेट (Plunket)
एशियाई परिवारों को बुलावा (आमंत्रण)

• आप एशियाई जातीयता/वंश के हैं?
• आप एक माता/पिता हैं?
• आप न्यूज़ीलैंड में एशियाई परिवारों के लिए सहायता में सुधार करने में मदद करना चाहते हैं?

हमें आपकी सहायता की जरूरत है।

एक साथ, हर बच्चे के लिए सबसे अच्छी शुरुआत | Whānau āwhina




플렁킷 (Plunket)
아시아계 가족의 참여를 바랍니다

• 아시아 사람이십니까?
• 부모이십니까?
• 뉴질랜드 내 아시아계 가족을 지원하는 방법을 개선하는 데 도움을 주고싶으십니까?

당신의 도움이 필요합니다.

어린이를 위한 최선의 보육은 함께 힘을 모으는 것입니다 | Whānau āwhina

Research was based on a Grounded Theory Approach

Seven Parent Focus groups:

- 57 Asian parents enrolled in Plunket
- Chinese, Japanese, Korean, Indian, Burmese, Sri Lankan, Cambodian, Afghani, Taiwanese

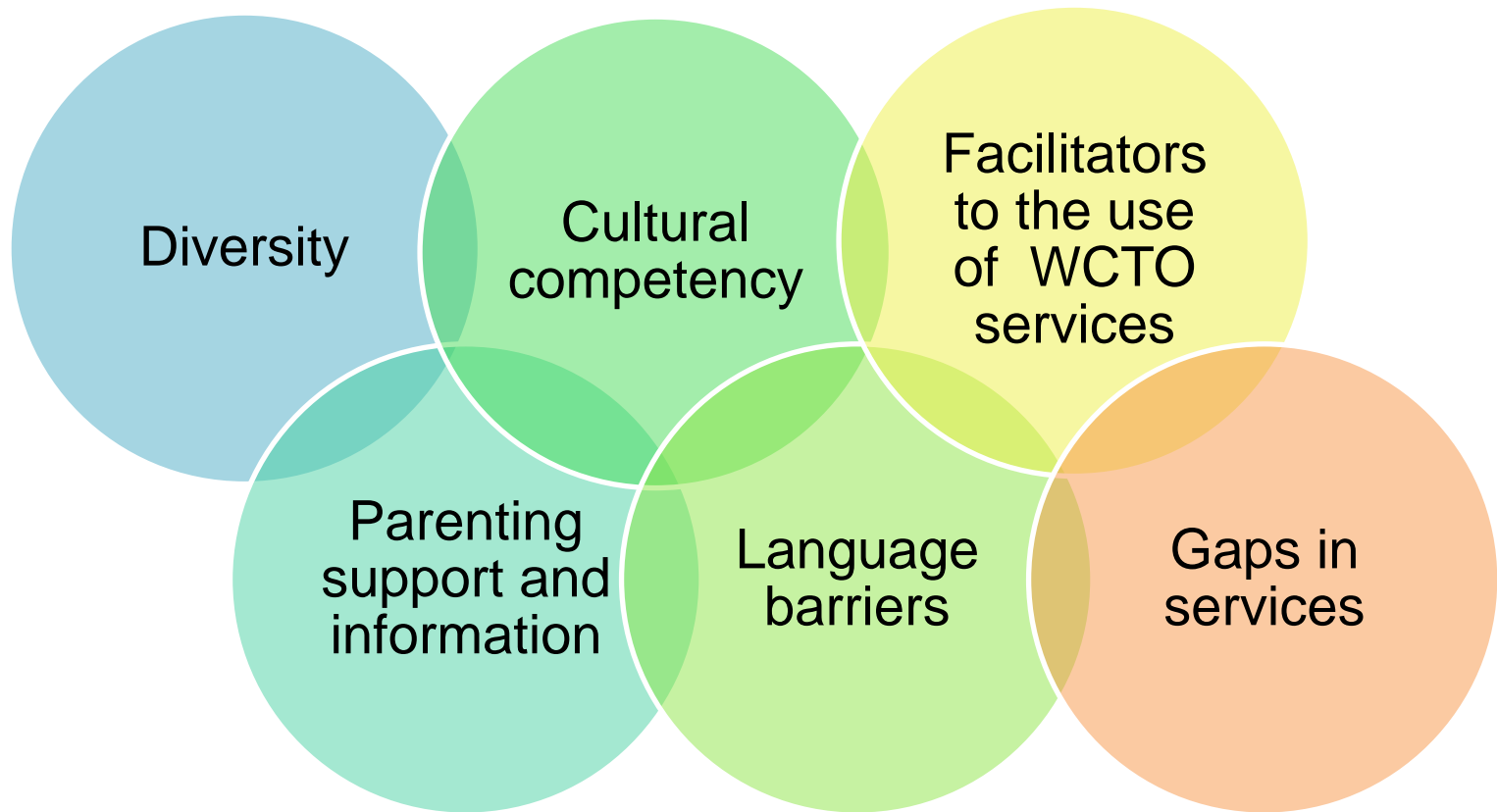
Semi-structured Interviews

- 14 Plunket staff (Clinical and non-Clinical)
- 10 key informants (external organisations)

Online survey

- 17 respondents, half Chinese

Key themes



Diversity



“The people who have been here 10 plus years, they might be relatively settled ...and situated within the New Zealand society... but the new generation and the new migrants are still struggling to settle so they will be definitely a big gap between those two populations and then there is another layer which is New Zealand born generation...all these layers often do not come in contact with each other”

[Key informant]

Sources of parenting support and information



“...even though I can read English but for us Korean language is easier to read and easier to understand and...so we don't try to read English cause very tired [with caring for baby] so we just prefer to use the Korean website or TV” [Focus Group participant]

“we do have some mums getting information from the internet and saying you are not allowed to breast feed and formula feed at the same time cause your baby will get ill.” [Plunket staff]

Cultural competency



“It is maybe too much to ask but if a Plunket nurse or some Plunket nurse who know more about Asian countries or the knowledge, what kind of information they get then I might feel more comfortable talking to her. She might understand more why I am doing this and why I don’t want to do this.” [Focus group participant]

“Really really good [CALD Training]...to be perfectly frank I think the nurses should be doing it. It is about all sorts of cultures so it would be advantageous but just, so something like that is a good tool to keep them culturally competent.” [Plunket Staff]

Breast Feeding



“And the other thing is that how you should feed your baby. We encourage people to do breast feeding but the idea is quite different between what we say and the parenting law because they think that New Zealand has the best formula so why use breast milk when you can have the best formula for your babies. But, which we don’t think that is true, we think breast milk is the best. Of course some mums want to keep their body shape so they don’t want to do the breast feeding but we still try to encourage that..” [Key informant]

“Basically this grandmother wanted the child to be bottle fed. The mum wanted to breast feed. The family centre ladies felt the grandmother was not receptive at all so when the baby started crying the mum would breast feed and then a few minutes later the grandma went out to prepare the bottle and took the baby straight away , fed the baby” [Focus group participant]

Other nutrition practices



- Differences in types of solid foods recommended
- Peanut butter surprised many Asian parents
- Giving water or glucose syrup
- Rice chewed by mum and then given to baby

“...Chinese culture webelieve baby should eat cold foods, like...yoghurt. But they shouldn't eat the cold food cause it is not good for their body and stomach but again you can't heat up yoghurt so, so I was struggling but I was thinking I will accommodate, I asked my mum to bring the yoghurt out one morning and leave it until lunch time and then feed her so not as cold. But a lot of time how can you think about, it is very difficult.” [Focus group participant]

Sleep practices



“It is so hard when you are a first time Mum and you just don’t know and sometimes you just put them in your bed and they sleep. I had that problem with her and I talked to my nurse and she was, it was not no you don’t do it but she was like I kind of don’t recommend it because of this, she was never pointing the finger at me but she tried to help. I think it was good and quite nice as eventually we got in own beds.”
[Focus group participant]

“One of the things that crops up fairly regularly might be the baby co-sleeping with grandma. Sometimes they will, discuss that and you can maybe make it and give them information that will perhaps make it a little safer but in my experience a lot of them won’t change it that is where they’re going. Whether it is grandma’s influence or the parent’s decision I don’t know”
[Plunket staff]

Language barriers



“One day I tried to use the Plunket hot line but when we get in the situation it is English is not our mother language so when we just getting hurry and under pressure we can’t use English properly.” [Focus group participant]

“For some of the group stuff that we do ... that is delivered in English then some of them would find that hard to access. But they are happy to go to the Chinese solids group for help. I think they possibly don’t access other community groups like play groups as much as the European mums.” [Plunket staff]

Recommendations: Where to now?



- To monitor the health needs and experiences of Asian clients on a regular basis.
- To explore the experiences of Asian staff to support recruitment and retention.
- To improve reporting of ethnicities to recognise diversity.
- To actively engage with extended family members
- To recruit and assist Asian volunteers for parenting and playgroups
- To reduce language barriers through interpreters and translated literature
- To support all staff to complete cultural competency training.

