



CAROSIKA COLLABORATIVE

Preterm birth care across Aotearoa: whānau-centred, equity-driven



Carosika Pānui | June 2026

In this Issue

Whānau Story

Katie and Daisy reflect on their preterm birth journeys as mother and daughter

Practice Point

Guiding antenatal corticosteroid use to prepare pēpi for birth before 35 weeks

Research Corner

An Aotearoa study provides new insights into caesarean section birth and subsequent risk of spontaneous preterm birth

Join our Community

Receive Carosika news, get involved, and support our valuable mahi



Haere mai, Talofa, Svaagat and Welcome

The Carosika Collaborative quarterly pānui is your regular update on our mahi and best practice in preterm birth care. We will keep you up to date with new research, guidelines, upcoming events, and more.

For those new to our mahi, we are a rōpū of passionate whānau, health professionals, and researchers. Equity drives our vision to lower rates of preterm birth and improve outcomes for pēpi born before 37 weeks. Together, we weave research, clinical practice, and lived experience to create meaningful change in preterm birth care across Aotearoa.

Our Taonga Tuku Iho is a best practice guide for equity in preterm birth care in Aotearoa and is available on our website, alongside a comprehensive resource library. We developed this resource in response to calls for national guidance and greater consistency in evidence-based preterm birth care across Aotearoa. It is a living document that provides access to the most up-to-date resources and guidelines, including whānau information, standard operating procedures, tools, and more, to support and improve your practice.

We are committed to working together in a culturally responsive way alongside whānau and health professionals, whose expertise, perspectives, and voices help us create tools and resources that educate, support, and achieve the best possible outcomes for all pēpi and whānau.



Whānau Story

A mother and daughter reflect on their preterm birth journeys

Before having children, Katie and Neil knew nothing about preterm birth. Yet, both of their daughters were born preterm. Ila came into the world at 31 weeks, spending four weeks in the NICU. Daisy arrived at just 23 weeks, weighing only 545 g. She spent 102 days in the NICU.

Daisy looks back at photos of herself as a newborn, surrounded by wires and tubes that kept her alive, yet she feels completely unaffected by her early start.



Find Katie and Daisy's story on our website

Practice Point

Clinical practice resource: Taonga Tuku Iho

Guiding antenatal corticosteroid use

For more than 50 years, we have been learning about the benefits and risks of giving corticosteroids to māmā/people before preterm birth. Today, the use of antenatal corticosteroids before 35 weeks is considered standard practice globally, providing critical benefits for preterm pēpi.

Benefits of corticosteroids include:

- Higher chance of survival
- Lower chance of serious breathing problems
- Lower chance of brain bleeding
- Lower chance of severe gut inflammation
- Lower chance of childhood developmental delay



To learn more about Taonga Tuku Iho and access resources and tools available to support your practice, please visit our website.

Research Corner

Current research that is supporting improved and equitable preterm birth care

Mode of birth and subsequent preterm birth

Over the last 10 years, increasing evidence suggests caesarean section in labour, particularly at full cervical dilatation, increases the chance of spontaneous preterm birth in a next pregnancy.

A study including more than 20 000 wāhine birthing in Aotearoa has recently been published in the American Journal of Obstetrics and Gynecology.

Our local data confirms previous findings and adds new evidence that helps to understand the mechanism by which caesarean section birth may impact on subsequent gestation at birth.

doi: 10.1016/j.ajog.2026.02.033



Read the article in our Resource Library

Meet the Carosika Whānau

The Carosika Collaborative is a rōpū of passionate whānau, health professionals, and researchers. With each pānui, we invite you to meet one of our members.



Rose Elder

Founding member

Rose is an obstetrician and gynaecologist working in Wellington. She is the clinical leader for Capital & Coast obstetrics at Te Whatu Ora – Health New Zealand Capital, Coast and Hutt Valley District where she has an interest in diabetes in pregnancy.



Find out more

News and Events

Carosika Collaborative Education Day

Join us for a day of lectures and workshops. This event is for midwives, obstetricians, GPs, neonatologists, community health providers, students, and whānau with lived experience of preterm birth.



Saturday 19 September 2026



University of Auckland,
Grafton Campus

Register now



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