

He aha ngā mea ka taea e koutou ko tō whānau ki te ārai i ngā ipuipu pēhanga?

Mēnā kei rō moenga koe

- ▶ Huria tō takotoranga i ia rua ki te toru haora, ka neke mai i tō tuarā me ō taha
- ▶ Whakamahia ngā pera kia kore e pā ngā pona me ngā rekereke tētahi ki tētahi, otirā mēnā kei tō taha koe e takoto ana
- ▶ Me ngana koe ki te karo i ngā kurehe kei ngā hīti
- ▶ Mēnā kei te noho tū koe i rō moenga, me mōhio koe ki te paheke koe i te moenga ka pā mai pea he ipuipu pēhanga ki tō tou, rekereke hoki
- ▶ Me tonu āwhina mēnā e hiahiatia ana



Mēnā kei rō kōrea koe

- ▶ Me whakangāwari i te pēhanga mā te tītaha whakamua, ki ngā taha rānei mō ētahi meneti i ia hāwhe haora.



He aha atu ngā mea ka taea e koe hei āwhina?

- ▶ Me tōtika ngā kai, ā, kia nui te inu
- ▶ Me noho maroke me te mā tō kiri
- ▶ Pātai ki tō nēhi ki te āwhina i a koe me te mimi turuturu

Ka taea e tō Nēhi, Kaihaumanu Mahi, Kairomiromi, Rata, Tohunga Kai rānei koe te āwhina ki te whakarite i tō rā hei ārai ipuipu pēhanga

Me whakamaumahara i ō kaimanaaki:

ĀWHINAHIA AHAU KI TE NEKE

He mea urutau mai i ngā mea tūturu i waihangatia e te Counties Manukau Health me te Poari Hauora ā-Rohe o Tāmaki Makaurau

HE HIRA TŌ KIRI

Kei te hiahia mātau i ā koutou āwhina ko ō kaimanaaki ki te mahi tahi

Te Ārai i Ngā Ipuipu Pēhanga



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He aha te ipuipu pēhanga?

Ko te ipuipu pēhanga he wāhi o te kiri me te kikokiko kua kino nā te roa rawa o te noho ki tētahi tūnga (hei taura, te noho roa, takoto rānei).

Mēnā rānei kei te noho koe i rō moenga, ki te paheke koe ka whara pea tō tou me ō rekereke.

E mōhiotia ana ngā ipuipu pēhanga ko ngā ipuipu moenga, wāhi pēhanga, kōmaoa pēhanga rānei.

Ka taea te pā mai i roto noa i ētahi haora, ā, i te nuinga o te wā ka tīmata mā te rerekē haere o te tae o te kiri. Ka mamae, ka auhi rānei.



Ko te tohu tuatahi o tētahi ipuipu pēhanga ko tētahi wāhi wairau **kāore** nei e mā te āhua ina pēhia.

Ki te kore e whakamāmātia auautia te pēhanga, ka tūkinotia te kiri, ā, arā mai i tētahi pūputa tae atu ki tētahi tūnga hōhonu huaki.

Kei te noho mōrea koe ki tētahi ipuipu pēhanga?

Kei te noho mōrea koe mēnā:

- ▶ He roa te wā o tō noho ki rō moenga
- ▶ Kei rō kōrea koe, he roa rānei te wā e noho ana koe ki runga tūru
- ▶ He uaua tō nekeneke haere
- ▶ He taumaha tō mate, he hāparapara nui rānei
- ▶ He kaumātua, kua kāwitiwiti rānei koe
- ▶ Kei te mākū tō kiri nā te werawera, te mimi turuturu rānei (hei tauira, he uaua te tae atu ki te wharepaku i te wā tika, ka pakaru mai te mimi, hamuti rānei)
- ▶ Kua matakerekere (hei tauira, nā te epidural, matehuka, nā te ikura roro rānei), kei te hē rānei te rere o te toto
- ▶ Kāore i te tika ō kai, kāore rānei i te rawaka te inu

Ahakoā ngā mōrea, ka taea ngā ipuipu pēhanga ārai.

Ko ēhea ngā wāhi o tō tinana kei te noho mōrea?

Ka tipu ngā ipuipu pēhanga ki ngā wāhanga o te tinana e pēhia ana e tō taumaha, ā, e tata ana te kōiwi ki te mata.

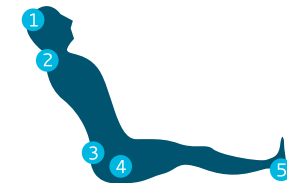
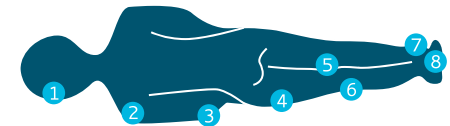
- 1 Māhunga
- 2 Pakihiwi
- 3 Tuke
- 4 Tou
- 5 Matimati
- 6 Rekereke



- 1 Māhunga
- 2 Tuke
- 3 Kauae
- 4 Uma
- 5 Taihemahema
- 6 Pona
- 7 Matimati



- 1 Taringa
- 2 Pakihiwi
- 3 Tuke (waho)
- 4 Tikihope
- 5 Pona (roto)
- 6 Pona (waho)
- 7 Pungapunga
- 8 Rekereke



- 1 Māhunga
- 2 Pakihiwi
- 3 Murikōkai
- 4 Tou
- 5 Rekereke

Mēnā ka mamae haere ētahi o ēnei wāhi, me kōrero atu ki ō kaimanaaki. Kei konei mātau ki te āwhina i a koe.

Ka pā mai pea ngā ipuipu pēhanga ahakoā ka whāia ngā mahi katoa hei ārai atu. Me kōrero atu ki tō mātanga hauora ki te hiahia mōhiotia atu anō koe.