

Te Whāngai-ū i tō Pēpi



Māori

He whakatupu i te hononga o tō pēpi ki a koe te whāngai-ū

- ka tīmata tonu mai i te wā e whānau ai tō pēpi
- ka taunga haere kōrua ko tō pēpi ki te whāngai-ū
- ina tika te āwhina, ka taea e te nuinga o ngā whaea te whāngai-ū







Ko te waiū te kai pai tūturu mō tō pēpi

- kei te waiū ngā oranga katoa mō ōna marama 6 tuatahi pea
- hei tiaki kei pāngia e te maremare, e te mate puku, e te mate uma, me ngā mate tūtohu
- kia pai ai te hinengaro o tō pēpi

He painga kei te whāngai-ū mōu

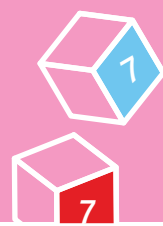
- kāhore he utu
- kāhore he moumou wā
- ka okioki koe i te wā e whāngai ana
- ka tata atu koe ki tō pēpi



He rerekē ngā āhua pupuri pēpi mō te whāngai-ū – rapua te āhua pai mōu

- kia mau te kakī me ngā pokowhiwhi
- kia piri tonu te uma o te pēpi ki tōu
- puritia te ringa i raro ki tōna taha, kia awhi rānei
i a koe





Hikitia ake te pēpi ki tō ū – kaua e whakatuehu atu tō ū ki te pēpi

■ ■ Meangia

■ ■ kia HĀMAMA te māngai

■ ■ ki mua, ki raro te arero, kia tika ai mō te ngote

■ ■ kia pā te kauae ki tōu

■ ■ kia āhua tere te whakapā i te pēpi ki te ū







Mehemea ka tika te piri o te pēpi ki tō uma

- ka mau tika e te pēpi te tīti me te ū
- me PĀ atu te kauae o te pēpi ki tō ū
- ka rongu koe i te horomi o te pēpi
- ka āhua mamae pea i te tuatahi, engari ka pai ake ā muri atu



E āhei ana kia pai te whāngai-ū

- ina kore – me tīmata anō – kuhua atu he matimati ki te taha o te māngai kia kore ai e ngote
- he raruraru ina kore e ngote
- ina mamae ō tīti, ō ū rānei – kia tere te rapu āwhina (titiro ki te whārangi i muri)



Ko ēhea ngā wā tika mō te whāngai?

■ ka tohua koe e tō pēpi:

- ka tīmata te oho ake
- ka mukumuku te matenga
- ka mitimiti, ka hāmama, ka kapikapi i te māngai
- ka kuhu i ngā matimati ki te māngai
 - he tohu mutunga te tangitangi



■ mō ngā pēpi hou – ko atu i te waru whāngaitanga ia 24 hāora

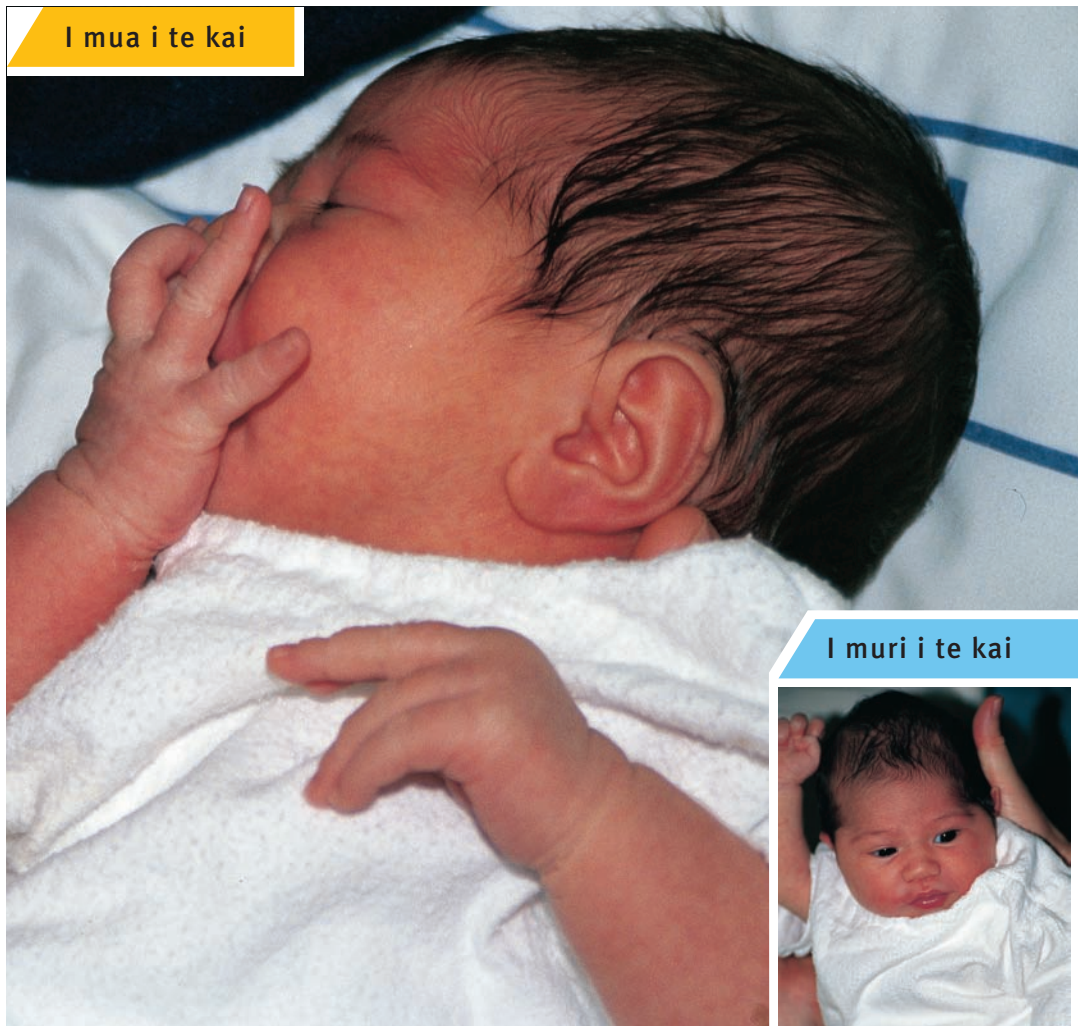
■ e whāngaia ana te nuinga o ngā pēpi hou i waenganui pō

■ he nui atu ngā whāngaitanga i ētahi wā

■ e āhei ana kia kore e mimiti tō waiū – ka maha atu ngā whāngaitanga, ka nui atu te waiū ka mahia



I mua i te kai



I muri i te kai

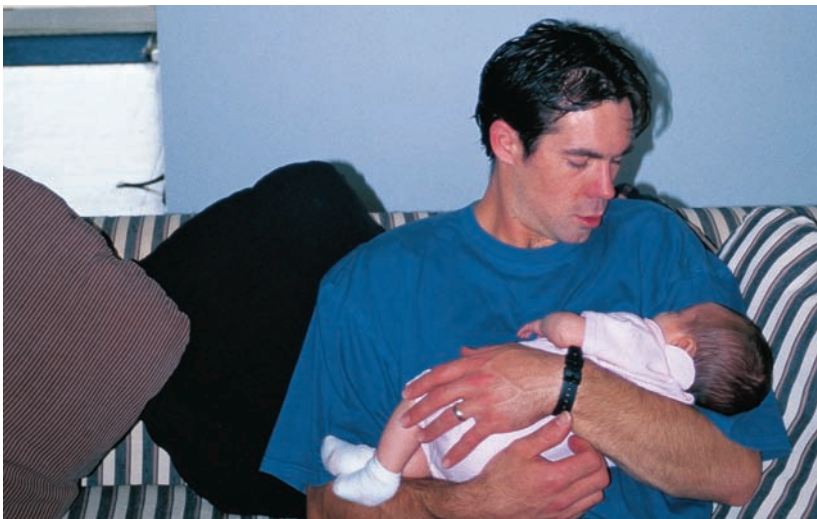




Ka taea tonu te whāngai-ū...



- ina haere noa koe me tō pēpi
- ina mahue tō pēpi – me kōrero ki tētahi atu me pēhea te whakatete i tō waiū (titiro ki te whārangi i muri rawa)
- ina hoki koe ki te mahi (tirohia te pānui ‘Breastfeeding and Working’)
- ina pakeke haere tō pēpi – he pai te whāngai ū mō ngā pēpi, tae atu ki te kotahi tau neke atu te iti rawa



Te Rapu Āwhina



Me pātai ki tō whānau:

- ki tō hoa me tō whānau, he āwhina tiaki i te pēpi – hei awhi, tākaro, unu kōrē me te horoi
- mō te mahi kai, te hokohoko, te horoi kākahu, me te tiaki i ngā tamariki āhua pakeke ake

Ngā mihi ki ngā whaea, ngā mātua, me ngā pēpi; ki te Hauora Waitemata. Adapted with permission from *You can breastfeed your baby* 1998: Commonwealth of Australia copyright.

Me ui atu ki tētahi o ō hoa, whānau rānei i te whāngai-ū pēpi?

Kia tere
te rapu
āwhina



Kei ēnei wāhi ētahi pānui, āwhina rānei, e pā ana ki ngā raruraru o te whāngai-ū me ētahi atu mea pērā i te whakatete waiū. Tirohia te pukapuka kōrero waea.

- Tō kaiwhakawhānau, tētahi atu tapuhi ārahi whakawhānau rānei (LMC)
 - To tapuhi Tamariki Ora tutata ki a koe
 - Tētahi kaituku ratonga Tamariki Ora Māori, Pasifika rānei
 - Plunket Family Centres – he tangata kaihautū ngote-ngote ā rātou
 - Tō tapuhi Plunket
 - Mō ngā āwhina me ngā pārongo tēnā waea atu ki te ratonga tohutohu ā-waea Well Child i runga i 0800 611 116, i te PlunketLine rānei 0800 933 922
 - La Leche League – te whakahaere wānanga e pā ana ki te whāngai-ū
 - Tohunga ū waea atu ki tō hōhipera 0800 452 282 rānei, kia mōhio koe kei hea tētahi
 - Wāhi whāngai pēpi
 - Rōpū Mātua

This resource is available from www.healthed.govt.nz
or the Authorised Provider at your local DHB.

Manatū Hauora 2009. Māori. Code: HE2099. Revised April 2009.
Printed May 2009. ISBN: 978-0-478-19307-7 (print)
978-0-478-19308-4 (online)

**Mehemea kare i pai ki a koe te āhua o te āwhina
– me huri ki tētahi atu**



MANATŪ HAUORA

New Zealand Government

Whakapā mai