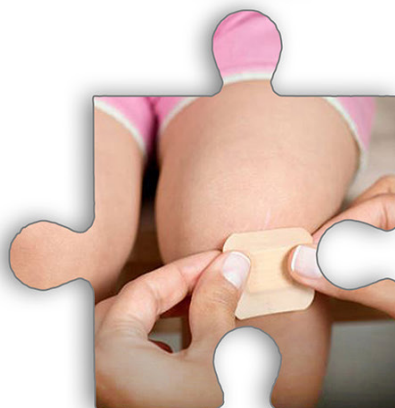


KIA Ū AI TE HAUORA O Ā TĀTOU TAMARIKI


HAWKE'S BAY
District Health Board
Whakawāteatia



TIROHIA TE KIRI IA RĀ

Kia noho mā tonu

- Kia auau te horoi ringa ki te hopi me te wai
- Me kaukau, me uwhiuwhi rānei ia rā. Āta whakamarokengia te kiri
- Kia poto tonu, kia mā tonu hoki ngā matikuku
- Pania te kiri maroke ki te monuku

Āraia te hōrapa haere a te poke ki tangata kē

- Kaua e toha mea whaiaro, pērā i te tauera, te paraikete, te kākahu paru, te pōtae, te paraihe makawe, te pani ngutu, te pātara inu hoki
- Kaua e kauhoe, e tākaro kēmu tukituki tangata rānei, kia mahu ai ngā hakihaki



He tikanga anō kia noho hauora tonu ai te kiri

- Kainga he hua rākau, he hua whenua hoki ia rā
- Kainga te pūmua pērā i te mīti hinu iti, te hēki, te tofu, te ika rānei ia rā
- Kia kaha te moe (kia 8-12 hāora)
- Kuhuna ngā kākahu mā
- Kia noho mā tonu te whare - ki roto, ki waho hoki
- Kia auau te horoi tauera
- Ahungia ngā kararehe hei patu puruhi
- Kia noho rāpihi kore te whare - ki roto, ki waho hoki
- Kia auau te ngote puehu, ā, kia noho mā tonu ngā pae/papa
- Kia auau te horoi me te kuhu hau i ngā paraikete



TIROHIA TE KIRI IA RĀ

Tirohia te kiri
ia rā.



1. Tirohia



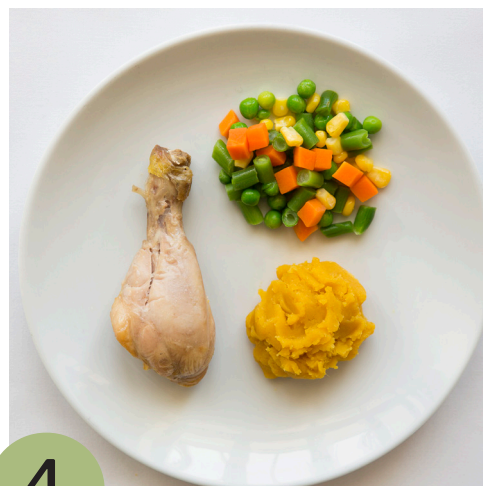
2. Horoia

Ko te horoi
ringa te
tikanga pai
rawa atu
hei ārai i te
hōrapa moroiti
tahumaero.



3. Uhia

Uhia ki te tāpi hei ārai i te hōrapa
moroiti tahumaero.



4. Kia pai, kia tika hoki te kai

Kia maha ngā momo hua rākau,
hua whenua hoki.



5. Kia au te moe

Ka tukuna te tinana ki te okioki,
ki te tipu hoki.

TE TIAKI KIRI WAIWAI



Tamaiti hauora

1.

- Horoia ngā ringa ki te hopi me te wai
- Kainga he hua rākau, he hua whenua hoki ia rā
- Kia noho mā tonu te kiri
- Whakamau kākahu mā
- Kia mā te whare i roto, i waho hoki
- Kia auau te horoi i ngā hīti me ngā tauera
- Ahungia ngā kararehe hei patu puruhi
- Kia poto, kia mā hoki ngā matikuku
- Kia au te moe



He tamaiti me te hakihaki paku

2.

- Horoia ngā ringa ki te hopi me te wai
- Horoia, uhia hoki ngā motu me ngā hakihaki ki ngā tāpi
- Kia poto, kia mā hoki ngā matikuku
- Haumanutia mate kiri kē atu. Hei taurira, mō te hare – whakamahia āu kirīmi, pani hoki
- Mahia ō ake paraikete, tauera hoki
- Ki te hiahia āwhina, pātai atu ki te nēhi, te kēmehi, te tākuta rānei



He tamaiti me te poke kiri māmā

3.

Haere ki te tākuta, ki te nēhi rānei i tēnei rā mehemea he mamae, he whero rānei ka pēnei te āhua ki tētahi o ēnei:

- He 2 mitarau neke atu rānei te rahi
- He papī, he pirau rānei kei reira
- He tāhekeheke whero ka puta i reira
- Kāore i piki te ora i te 2 rā
- He tata ki te whatu
- Kua kirikā



He tamaiti me te poke kiri kāore i te piki te ora

4.

- Haere ki te tākuta kia tirohia te kiri. Āta whāia āna tohutohu
- Kia tika tonu te tiki rongoā i te taka rongoā
- Ki te matea rongoā paturopi tāu tamaiti, me whakapau te katoa
- Kaua e toha rongoā ki tangata kē
- Aratakina te tamaiti e kai rongoā ana
- Ki te kore piki te ora hoki atu ki te tākuta



He tamaiti me te poke kiri taumaha

5.

- Tēnā pea ka mamae, ka kirikā, ka tino māuiui tāu tamaiti
- Me haere tika tonu atu ki te tākuta, ki te hohipera rānei

Ki te kore e haumanutia te poke kiri, ka tino taumaha haere pea te māuiui kia mate pea.

TE TIAKI KIRI WAIWAI



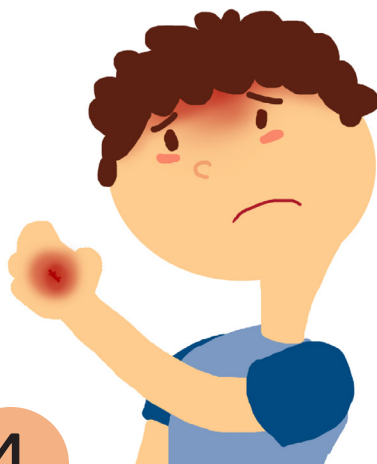
1. He tamaiti hauora



2. He tamaiti me te hakihaki paku



3. He tamaiti me te poke kiri māmā



4. He tamaiti me te poke kiri kāore i te piki te ora



5. He tamaiti me te poke kiri taumaha

KIA HAUORA TE KIRI

horoia

- Kia auau te horoi i ō ringaringa ki te hopi me te wai
- Whakamarokengia ō ringaringa
- Horoia ō hakihaki ki te hopi me te wai
- Kia ngāwari te whakamaroke hakihaki
- Kaua e toha tauera
- Kia poto tonu, kia mā tonu hoki ō matikuku

uhia

- Kia uhia tonuhia ngā hakihaki ki te tāpi
- Panonihia te tāpi ia rā
- Mehemea he pātai āu, ka āwangawanga rānei koe mō ngā hakihaki, tēnā, kōrero ki tō nēhi kura, ki te taka rongoā rānei, ki te tākuta rānei

haumanutia

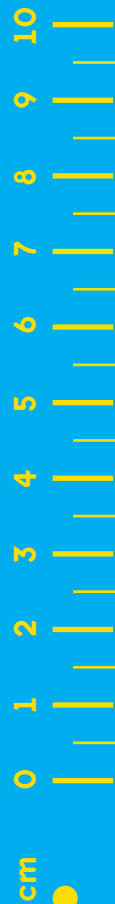
Ki te puta tētahi āhuatanga pēnei i te hakihaki, i te wāhi whero rānei, haere ki te nēhi, te taka rongoā rānei, te tākuta rānei ina:

- Ka 2 mitarau neke atu rānei te rahi
 - Kei reira te pirau
 - He tāhekeheke whero ka puta i reira
 - Ka kino haere
 - Mehemea ka kirikā te tangata, ka ruaki, ā, ka māuiui te āhua
- Mehemea ka tukuna te rongoā, te panipani rānei ki a koe, tēnā, whāia ngā tohutohu.**

arohatia

Tiakina tō kiri hei ārai i te pokenga, i te māuiui kino hoki.

- Kai hua rākau, kai hua whenua ia rā
- Inu waimāori





KIA HAUORA TE KIRI

horoia

uhia

haumanutia

arohatia

KUTU

Āraitanga: Herea ngā makawe roroa. Kaua e toha paraihe makawe, here makawe, pōtae rānei. Herua ngā makawe ia rā. Tirohia te makawe ia wiki. Ka tau te kutu ki te tangata ahakoa ko wai, ahakoa te mā o te makawe.



UTU KORE

He utu kore te haere ki te tākuta mō ngā tamariki 14 tau, i raro iho hoki mō ngā tāngata kua rēhitatia anake.

He tohu tōmua

Ka ngaoko i muri o te kakī, i muri hoki i ngā taringa, ki te pane o te mähunga hoki. Tirohia kia kotahi te wā ia wiki, neke atu rānei.

Mehemea ka taumaha haere

Haere ki tō tākuta. He utu kore mā ngā tamariki 14 tau, i raro iho hoki, kia haere ki te tākuta i rēhitatia ai rātou. He utu kore ngā whakahau rongoā mā ngā tamariki 14 tau, i raro iho hoki.

Hei mahi

Whakamākūkūngia ngā makawe, whakamahia he paparanga pani makawe ki runga. Timatahia te heru mā te heru niho tata mai i te kiri angaanga tae noa ki ngā moka. Ka āwhina tēnei mahi kia kite kutu ora.

Herea ngā makawe roa.

Kaua e whakamahi te tae makawe, te karahīni, te rehu ngaro, ngā haumanutanga kararehe kei whakaraua te tamariki. Kāore te hopi makawe māori, te hopi rānei e patu kutu.

Kei te tākuta, te taka rongoā/kēmehi hoki ngā haumanutanga kutu.

He mea hiranga te haumanu anō ia rangi 7-10 kia patu i ngā kutu kua puta i ngā riha.

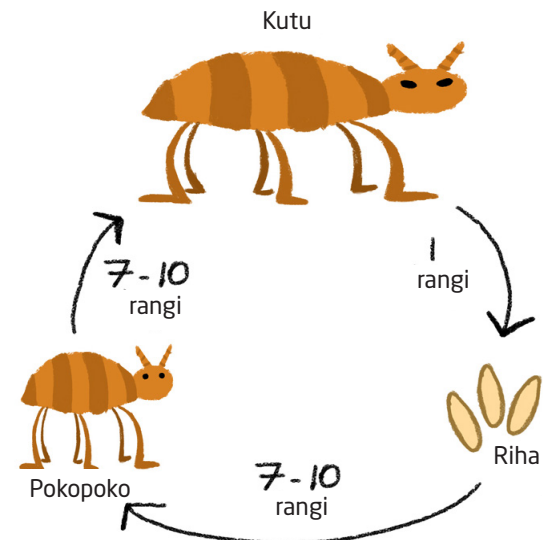
Ka pēhea te hōrapa?

- Ka hōrapa mā te pā ki ngā kākahu, (hei tauira, he pōtae, he kāmata, he koti rānei), ki ētahi atu mea whaiaro rānei (hei tauira, te paraihe makawe, te tauera rānei)
- Ka ngaoke te kutu. Kāore e peke, e kauhoe rānei.

KUTU



UTU KORE
He utu kore te haere
ki te tākuta mō ngā
tamariki 14 tau, i
raro iho hoki mō ngā
tāngata kua rēhitatia
anake.



TE NGAUNGA A TE PEPEKE

Āraitanga: Horoia te kiri ia rā ki te hopi me te wai. Kia poto tonu, kia mā tonu hoki ngā matikuku. Kia auau te horoi i ngā ringa. Katia ngā matapihi i ngā pō. Whakamahia te rongoā ārai pepeke. Kia poto tonu te karaihe i waho. Paparea te wai tōhihi. Ka puta ngā pūhouhou naenae ki te wai marino.



He tohu tōmua

He pukupuku whero.
He hoipū pea kei waenganui.
Ka tino māngeongoe.
He kino te mamae i ētahi wā (arā, he ngaunga pūngāwerewere).

Mehemea ka taumaha haere

Haere ki te tākuta mehemea:

- ka nui haere, ka kino haere rānei te mamae o te wāhi whero, pupuhi hoki
- he pirau i reira

Ka pupuhi pea i te paitini nā te pepeke, nā te poke kiri tino kino rānei pea e kīia ana ko te cellulitis.

Hei mahi

Tirohia, horoia ngā ngaunga ia rā.
Horoia te ngaunga ki te wai mātao.
Kia poto, kia mā tonu hoki ngā matikuku o tāu tamaiti.
Me ngana te whakamutu i tōna rakuraku i ngā ngaunga.
Whakamahia ētahi mea, pērā i te tio, te aloe vera, te rongoā ārai mate pāwera kia mutu ai te torotiti.

Ka pēhea te hōrapa?

Nā ngā pepeke pērā i te naenae, i te puruhi, i te pūngāwerewere rānei.

UTU KORE

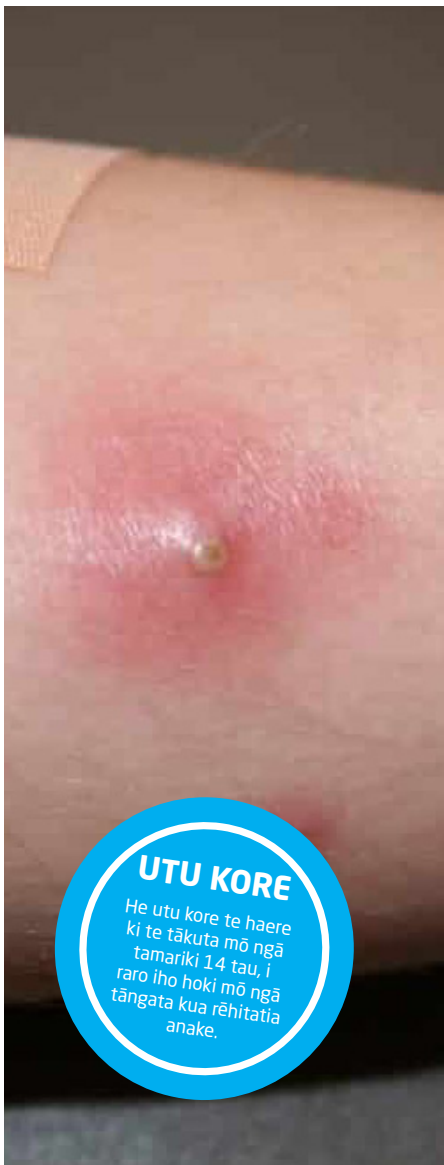
He utu kore te haere ki te tākuta mō ngā tamariki 14 tau, i raro iho hoki mō ngā tāngata kua rēhitatia anake.

TE NGAUNGA A TE PEPEKE



WHĒWHĒ

Āraitanga: Horoia te kiri ia rā ki te hopi me te wai. Kia poto, kia mā hoki ngā matikuku. Āta horoia ngā ringa i mua, i muri hoki i te pā atu me te tāpi i ngā whēwhē. Kainga he hua rākau, he hua whenua hoki ia rā. Inumia he wai.



UTU KORE

He utu kore te haere ki te tākuta mō ngā tamariki 14 tau, i raro iho hoki mō ngā tāngata kua rēhitatia anake.

Ngā tohu tōmua

He repe whero, he huahua me te kiri whero huri noa rānei.

He mā, he kōwhai rānei te pirau kei waenga.

Ka māngeongo, ka āhua mamae rānei.

Ko te whēwhē nui e kīia ana he kurupo.

Mehemea ka taumaha haere

Haere ki te tākuta mehemea:

- ka nui haere te whēwhē, ka kaha haere te mamae hoki
- ka puta ētahi anō whēwhē
- ka roa atu i te kotahi wiki te kitea
- ka hōrapa te whero huri noa i te whēwhē
- ka auau te puta o ngā whēwhē i tō tamaiti
- ka āhua māuiui, ka kirikā rānei tō tamaiti

Hei mahi

Haere tōtika ki te tākuta mehemea he tata te whēwhē ki te whatu o tō tamaiti.

Hihiratia, ā, horoia ngā whēwhē ia rā.

Waiwaitia te whēwhē ki te wai mahana mō te 20 mēneti, uhia rānei ki tētahi tauera kua waiwaitia ki te wai mahana.

Ki te pakaru mai te whēwhē, mukua te pirau me te toto ki te pepa.

Horoia ngā ringa i mua, i muri hoki i te pā atu i te whēwhē.

Panonihia ngā tāpi ia rā.

Ka pēhea ka horahia?

- Mā te pānga o te pirau (he kukū, he kōwhai/he papī parauri), o te toto hoki o tētahi whēwhē ki te kiri e puta mai
- Mā te whakatē e hora haere ai ngā whēwhē

WHĒWHĒ



UTU KORE

He utu kore te haere
ki te tākuta mō ngā
tamariki 14 tau, i
raro iho hoki mō ngā
tāngata kua rēhitatia
anake.



HAKIHAKI

Āraitanga: Horoia te kiri ia rā ki te hopi me te wai. Kia poto, kia mā hoki ngā matikuku. Uhia ngā hakihaki ki ngā tāpi. Mahia tō ake tauera. Kainga te hua rākau me ngā hua whenua ia rā. Inumia te wai..



UTU KORE

He utu kore te haere ki te tākuta mō ngā tamariki 14 tau, i raro iho hoki mō ngā tāngata kua rēhitatia anake.

He tohu tōmua

He hoipū kei ngā wāhi māraakerake o te tinana pērā i ngā ringa, ngā waewae, te kanohi hoki. Kia ngawhā ngā hoipū ka huri kia hakihaki me te kirinuku kōwhai ka nui haere ia rā. Ka māngeongeono ngā hakihaki.

Mehemea ka taumaha haere

Haere ki te tākuta mehemea:

- he tata ngā hakihaki ki te whatu
- ka roa ake i te 1-2 wiki te hakihaki
- ka whero, ka pupuhi, ā, ka pirau ngā hakihaki
- ka kirikā tō tamaiti

Ki te kore e haumanutia ka tino taumaha pea te māuiui.

Hei mahi

Haere ki te tākuta mō te tohutohu me te whakahau rongoā

Tirohia, ā, horoia ngā hakihaki ia rā

Uhia ngā hakihaki ki te papanga mā, ki te tāpi rānei

Kia poto, kia mā hoki ngā matikuku o tō tamaiti

Katia te rakuraku a tō tamaiti i ngā hakihaki

Horoia, whakamarokengia hoki ngā ringa i mua, i muri hoki i te pā atu ki ngā hakihaki

Ka pēhea te hōrapa?

Ka pā te pirau, te toto, tētahi atu wē rānei i ngā hakihaki ki kiri kē atu

HAKIHAKI



UTU KORE
He utu kore te haere
ki te tākuta mō ngā
tamariki 14 tau, i
raro iho hoki mō ngā
tāngata kua rehītia
anake.



WAIHAKIHAKI

Āraitanga: Horoia te kiri ia rā ki te hopi me te wai. Kia poto tonu, kai mā tonu hoki ngā matikuku. Horoia, ā, pupuhia ki te hau ngā paraikete i te rā. Kainga te hua rākau me te hua whenua ia rā. Inumia te wai māori.



UTU KORE

He utu kore te haere ki te tākuta mō ngā tamariki 14 tau, i raro iho hoki mō ngā tāngata kua rēhitatia anake.

He tohu tōmua

He hakihaki māngeongo ki ngā wāhi pēnei:

- te tāhau o te ringa
- huri noa i ngā hope
- i waenganui i ngā matimati
- i waenga i ngā tāreperepe
- i raro i ngā kēkē

Mehemea ka taumaha haere:

Haere ki te tākuta mehemea:

- ka poke te hakihaki
- ka whero, ka mamae, ka mahana, ka pupuhi tēnei, ka pirau rānei te kiri.

He mate kiri taumaha tēnei. Kia maumahara, me haumanu ngā tāngata katoa o te whare mō te waihakahaki.

E kore te māngeongo e ngaro i te paunga o te rongoā. Ka māngeongo pea te kiri mō te 4 wiki.

Hei mahi

Haere ki te tākuta, tīkina he kirīmi panipani mā ngā tāngata katoa i te whare.

Ka tere te hōrapa a te waihakahaki nō reira me haumanu ngā tāngata katoa o te whare ahakoa kāore e taea te kite i te hakihaki.

Pania ngā tāngata katoa ki te kirīmi, mai i te māhunga ki ngā waewae, tae atu ki ngā raparapa. Kaua e pani kirīmi kia tata ki ngā whatu. Waihotia i te pō.

Horoia ngā hīti, ngā tauera me ngā kākahu ki te wai wera, whakamaua ki roto pēke kirihou mō ngā rā e 5.

Kaua e haere ki te whare kōhungahunga, ki te kura rānei mō te kotahi rā whai muri i te haumanutanga kirīmi.

Ka pēhea te hōrapa?

Mā te pā tata ā-tinana, hei tauira, ko te pupuri ringa, te awhi, te moe tahi, te toha kākahu me ngā paraikete.

Kāore ngā waihakahaki e ora i roto i ngā taonga ā-whare, ki te whāriki rānei.

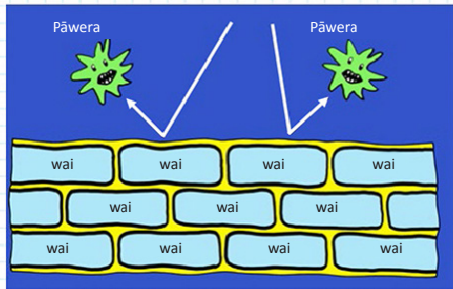
WAIHAKIHAKI



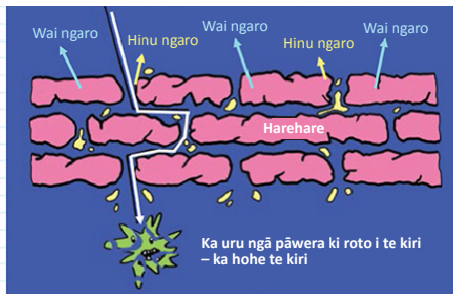
HAREHARE

Āraitanga: Kia monoku tonu tō kiri. Rapua te takenga mai o te harehare.

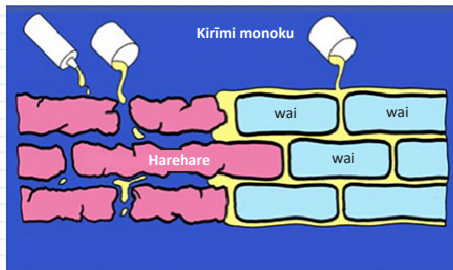
Kiri māori



Kiri harehare



Te kiri monoku



He tohu tōmua

He kiri pakapaka,
māngeongo hoki.
Ka whero haere te kiri.

Mehemea ka taumaha haere

Haere ki te tākuta mehemea:

- ka pupuhi ētahi wāhanga o te kiri, ā, ka kino haere rānei te mamae
- he pirau i te harehare

Hei mahi

Kia noho mā tonu te kiri harehare.
Whakamahia te mea akuaku hopi kore,
kaua ko te hopi.
Mehemea he māngeongo, he pakapaka
rānei te kiri, me whakamonoku. Me maha
pea ngā mahinga ia rā.

Kia poto, kia mā hoki ngā matikuku o tō
tamaiti. Kia kaha te papare i te rakuraku.
Haere ki te tākuta mehemea ka oho tō
tamaiti i te pō, ka kore tae atu ki te kura
rānei nā te harehare.

Ka pēhea te hōrapa?

Ehara te harehare i te mate mauhoru

UTU KORE

He utu kore te haere ki te tākuta mō ngā tamariki 14 tau, i raro iho hoki mō ngā tāngata kua rehītatia anake.

Ko te harehare tētahi māuiui kei roto nā i tō whānautanga mai. He ōrite ngā pūtau kiri ki te pātū poraka. Kāore te raima i waenga i ngā poraka te rite mō ngā tamariki kua pāngia e te harehare. Nā reira ka ngaro te wai i te tinana mā ngā mātoetoe, ā, ka pakapaka. Waihoki ka uru te nehu, te moroiti tahumaero me te paru kei runga i te kiri mā ngā pierē kei waenganui i ngā poraka. Nā tērā ka pupuhi, ka whero, ka māngeongo pea te kiri. He rite ngā kirimi monoku ki te paparanga o te peita kei runga o te pātū poraka hei ārai i te kuhunga o te pari me ngā moroiti tahumaero, heoi anō, ka āwhina hoki i te pupuri i te wai ki te kiri kia noho monoku ai.

HAREHARE



RONGOĀ RĀKAU

Tae atu te whakamahinga noa o ngā rongoā rākau mō ngā momo mate kiri ki te:

Kawakawa (Māori pepper tree): ka mahia he rau kua kōhuatia, kua whakapaoa rānei, kua whakamamaoa rānei hei haumanu i te paipai; ka tāpia te motunga/mamae ki te katoa o te rau.

Koromiko (hebe): ka tāpia hei whakapiripiri ki ngā kōmaoa.

Mamaku (black tree fern): ka tāpia he whakapiripiri kirirākau ki runga i te whēwhē, te motu/mamae, te kauhikahika me te tīkākā.

Karamu (coprosma): ka pania ngā motu, ngā hakihaki hoki ki te wai rau whaikaha; ka whakamahia te tahe hei haumanu waihakihaki.

Kūmarahou (gumdigger's soap): ka tāpia he waiwai rau ki runga i ngā motunga/mamae, māuiui kiri whānui anō hoki.

Mānuka, kānuka (red tea tree, white tea tree): ka tāpia ki runga i ngā motu/mamae he whakapiripiri ka whakamahia ki ngā kākano; ka whakamahia te hinu hei patuero; ka pania te kāpia ki ngā weranga, ki ngā motunga/mamae hoki.

Māhoe (whiteywood): ka whakamahia te kiri roto mō ngā weranga; ka whakamahia ngā rau kua kōhuatia mō te waihakihaki.

Makomako (wineberry): ka whakamahia ngā rau kua kōhuatia mō ngā whēwhē, weranga hoki.

Tutu, Tupakihi (Toot): ka whakamahia ngā pihi, ngā rau hoki hei whakapiripiri ka tāpia ki runga i ngā motu/mamae, ki ngā marū hoki.

Harakeke/korari (flax): he whakapiripiri ka whakamahia ki ngā rau me ngā weri hei haumanu motu/mamae; kurupo, māngeongo hoki; ka tāpitia te wai weri ki te muna, te nanamu hoki; ā, ka tāpia te kāpia ki runga i te muna, te motu/mamae, te weranga me te tīkākā.

RONGOĀ RĀKAU



Kawakawa
(Māori pepper tree)



Koromiko
(Hebe)



Mamaku
(Black tree fern)



Karamu
(Coprosma)



Kumarahou
(Gumdigger's soap)



Manuka, Kanuka
(red tea tree, white tea tree)



Mahoe
(Whiteywood)

I mua i te whakamahi me whai mōhiotanga i te Rongoā-Māori.



Makomako
(Wineberry)



Toot, Tutu, Tupakihi
(Tutu)



Harakeke, Korari
(Flax)

He taonga tuku iho te rongoā ka waihangahia i te tipu, te ritenga ā-tinana pēnei ki te romiromi, me te whakamahu ā-wairua.

TE HOATU PARACETAMOL KIA HAUMARU

He aha te paracetamol?

- ko te paracetamol (te 'Pamol', te 'Panadol' hoki) tētahi rongoā hei whakamāmā mamae
- e kore e whakahiamoe, e whakamoe rānei i tāu tamaiti
- ka taea te hoatu ki te tamariki ki te pēpi hoki kua neke atu i te 3 marama te pakeke
- me hari atu ngā pēpi ki te tākuta

Me waiho e au te paracetamol ki hea?

- waihotia te paracetamol ki tētahi wāhi tiketike tē taea e te tamariki te toro atu, te kite atu hoki
- raua ki tētahi kāpata ka rakaina, ka whakarawatia rānei
- ko te take auau o te kai paitini ko te tīkina noatia atu e te tamariki
- kāore he take o te whakamātao, nō reira kaua e waiho ki te pouaka mātao
- Me taupoki ki te taupoki ārai/papare tamariki - uia tō taka rongoā

Ka matea rānei taku tamaiti?

- Me hoatu te paracetamol ki te matea anake
- He mea puta noa te kirikā i te poke, ā, ehara tonu i te āhuatanga mōrearea, nō reira kāore he take o te hoatu paracetamol mō te kirikā anake
- Mehemea ka pāpōuri tāu tamaiti i te kirikā, ka taea te hoatu paracetamol hei whakatau i a ia
- Kāore i te pai te hoatu paracetamol ki te pēpi, ki te tamariki rānei i mua tonu, i muri auau tonu i te tuku awhikiri kei māuiui ia - e kitea ana te taunaki ka whakaiti pea e te paracetamol te whai hua o te tuku awhikiri tamariki

Me aha mehemea ka nui rawa te kai paracetamol a taku tamaiti?

- ka whakakino pea te nui rawa o te paracetamol i te ate o tāu tamaiti
- mehemea kua nui rawa te kai a tāu tamaiti, waea tōtika atu ki tō tākuta, ki tō nēhi, ki te Pokapū Paitini rānei 0800 POISON (0800 764 766) ināia tonu nei, ki 0800 Healthline rānei
- Tae atu ana ngā tohu o te kai nui rawa atu ki te rongo māuiui (paipairuaki), te ruaki, te torohī, te kōwhai o te kiri, o te karu, te kore hiakai, te pōkaikaha, te tino kino o te mate moe rānei

Taihoa kia 4 haora neke atu i waenga i ngā kai - kaua e hoatu nui atu i ngā wā e 4 i te 24 haora

TE HOATU PARACETAMOL KIA HAUMARU

He aha te nui e tika ana?

Kei te āhua tonu o te taumaha o tō tamaiti me te kaha o te paracetamol te rahi o te whāngai paracetamol. Inehia te taumaha o tō tamaiti, kātahi tirohia te tūtohi whāngai. Kei te āhua tonu o te taumaha o tō tamaiti me te kaha o te paracetamol te rahi o te whāngai paracetamol.

Inehia te taumaha o tō tamaiti, kātahi tirohia te tūtohi whāngai.

Te tūtohi whāngai



| Te taumaha o te tamaiti (kirokaramu) | 120 mirikaramu/5 ritamano | 250 mirikaramu/ritamano |
|--------------------------------------|---------------------------|-------------------------|
| E 5 kirokaramu, iti iho rānei | Uia te tākuta | Uia te tākuta |
| 6.5 Kirokaramu | 4 ritamano | 2 ritamano |
| 8 Kirokaramu | 5 ritamano | 2.5 ritamano |
| 10 Kirokaramu | 6 ritamano | 3 ritamano |
| 15 Kirokaramu | 9 ritamano | 4.5 ritamano |
| 20 Kirokaramu | 12 ritamano | 6 ritamano |
| 30 Kirokaramu | 18 ritamano | 9 ritamano |
| 40 Kirokaramu | 25 ritamano | 12 ritamano |

Taihoa kia 4 haora neke atu i waenga i ngā kai - kua e hoatu nui atu i ngā wā e 4 i te 24 haora



TE HAUORA WAHA

TE TIAKI I NGĀ NIHO O TĀU TAMAITI



Te taitai niho



Te āwhina ki te taitai niho



I roto, i waho hoki



Tuha, kaua e opeope



Hāpaingia te ngutu

KIA NGĀKAU REKA

Kaua e wareware ki te whakamihi i tōu tamaiti mō tana mahi taitai niho, mō tōna menemene hauora hoki

Ngā Pokapū Niho Hapori ki Te Matau-a-Māui

Hastings Central School
409B Hastings St Sth
Ph 873 4860

Mahora School
806 Tawa Place
Hastings
Ph 873 4861

Flaxmere
Totara Health
Cnr Chatham Rd & Caernarvon
Drive
Flaxmere, Hastings
Ph 833 5742

**Havelock North
Intermediate**
13 Nimon Street, Havelock
North
Ph 873 4862

Onekawa School
235 Kennedy Road
Napier
Ph 873 4863

Tamatea Intermediate
15 Freyberg Avenue,
Tamatea
Ph 873 4864

Greenmeadows School
Osier Road, Greenmeadows
Phone 844 7023

Central Hawke's Bay
5 South Service Lane
Waipukurau
Ph 06 858 6725

Wairoa College
10 Black Street
Wairoa
Ph 06 838 9721

TE HAUORA WAHA

TAITAI NIHO KIA RUA NGĀ WĀ NEKE ATU IA RĀ KIA 2 MĒNETI TE ROA

TUHA, KAUA E
OPEOPE

Taitai niho o waho, o roto, i ngā papa ngau o ngā niho o runga, o raro hoki, te arero hoki.



TŪ ANA

TAKOTO ANA

NOHO ANA



Te kai paramanawa hauora = he niho hauora



Kia auau te hihira ā-waha

HE WHARE MAHANA AKE, MAROKE AKE HOKI

Huakina ngā ārai i te rā, ā, katia i te pō.

Ka tuku mai ngā matapihi i te mahana i te rā kia uru mai. Mā te kati i ngā ārai i mua i te tōnga o te rā te mahana e pupuritia ai, te mātao hoki e āraia ai i te pō.

Āraia te urunga o te hau makariri ki tō kāinga mā te puru i ngā kauanu huri noa i ngā tatau, i ngā matapihi me ngā pākaiahi.

Mā te ārai i te urunga mai o te hau makariri te whakamahana i tō kāinga, te utu hoki e whakangāwari ake.

Hihiratia kei a koutou te kōwhiringa pai rawa mō te whakamahana kāinga.

Mā te pū mahana e tika ana mō tō kāinga te whakamahana i tō kāinga, te utu hoki e whakaheke iho. Mā ngā kōwhiringa whakamahana maha e puta ai he pae tōtā anō – whiriwhiria te kōwhiringa ka iti rawa atu te tōtā ka puta i tō kāinga.

Rapu kōrero mō te ārai rānei o tō whare. Mehemea kāore kau ka māraurau pea koe te whiwhi ārai kore utu.

Ko te ārai tētahi tino ritenga kia noho mahana tonu ai tō kāinga.

Huakina ō matapihi (whāhauhau) mō ētahi meneti ia rā.

Mā te hau pure tō kāinga e noho maroke ai, e mahana ai tō kāinga, te utu hoki e whakaheke ai.

Huakina ngā matapihi (whāhauhau) i te kāuta tunu kai ai koe, i te rūma horoi hoki i a koe e uwhiuwhi ana, e kaukau ana rānei, kia tukuna atu ai te korohū.

Mā tēnei mahi tō kāinga e noho maroke ai, e whakamahana ai hoki, te utu hoki e whakaheke ai.

Whakamarokengia te wai (tōtā) tērā pea ka tau ki ngā pakitara, ki te taha roto o ngā matapihi hoki.

Mā tēnei mahi tō kāinga e noho maroke ai, e whakamahana ai hoki, te utu hoki e whakaheke ai.

Whakamarokengia ō kākahu i waho, i roto rānei i te whare motokā, i te wharau motokā rānei.

Mā tēnei e ārai ai te mākū i ō kākahu mākūkū (ka whakanui ake ai pea i te tōtā) kia noho ki waho i tō kāinga.

Whakamahia te whakakōmā, te winika mā rānei hei whakakore pāhekaheka i ngā tuanui me ngā pakitara.

Ka puta te kāhekaheka i ngā wāhi haumākū, mākūkū hoki, ā, ka pāngia te hauora o tō whānau.

Whakawāteahia te mānawanawa e taea ana i waenganui i ngā māhunga o ngā tamariki e moe ana.

Ka wharo, ka tihe hoki ngā tamariki i a rātou e moe ana, ā, mā tēnei e hōrapa ai i waenganui i ngā tamariki e moe ana i ngā moroiti tahumaero pērā i te korokoro strep.

He moe māhunga ki te waewae – ka mōhiohia hoki ko te moe runga matiwaie – he ritenga pai hei whakawātea mānawanawa i waenganui i ngā māhunga o ngā tāngata e moe ana, mehemea ka takoto tahi ō tamariki i te moenga, takapau rānei.

He tīwhiri matua mō te kāinga mahana ake, maroke ake hoki



Huakina ngā ārai



Paparea te hā makariri



Huakina ō matapihi



Huakina ngā matapihi kāuta/rūma horoi



Murua te wai i ngā matapihi



Whakamarokehia ō kākahu i waho



Whakamahanatia tonutia tō kāinga



Āraitanga



Whakakorengia te kāhekaheka



He mānawanawa i waenga i ngā tamariki e moe ana



Moe māhunga ki te waewae



rheumaticfever.health.govt.nz

HOAPĀ

ALCOHOL AND DRUG HELPLINE ☎ 0800 787 797

ALLERGY NZ 🖥 www.allergy.org.nz

BREATHE HB ☎ 0800 278 462 (0800 asthma)

CHOICES KAHUNGUNU HEALTH SERVICES 🖥 www.choices.maori.nz

CHILD HEALTHY HOUSING PROGRAMME ☎ 06 879 9440 ☎ 027 333 8327

HAWKE'S BAY FALLEN SOLDIERS' MEMORIAL HOSPITAL ☎ 06 878 8109

HEALTH ED 🖥 www.heathed.govt.nz

HEALTH EDUCATION RESOURCE CENTRE NAPIER HEALTH CENTRE ☎ 06 834 1815

HEALTHLINE ☎ 0800 611 116

IMMUNISATION ADVISORY CENTRE ☎ 0800 466 863 (0800 immune) 🖥 www.immune.org.nz

NEED TO TALK? ☎ Free call or text any time 1737

ORAL HEALTH ☎ 0800 825 583 (0800 talk teeth)

OUR HEALTH HB 🖥 www.ourhealthhb.nz

PHO ENROLMENTS ☎ 0800 933 922

POISONS CENTRE ☎ 0800 764 766 (0800 poison)

PLUNKET ☎ 0800 933 922

TE KUPENGA HAUORA - AHURIRI ☎ 06 835 1840 🖥 www.tkh.org.nz

TE TAIWHENUA O HERETAUNGA ☎ 06 871 5350 🖥 www.ttoh.iwi.nz

WELL CHILD TAMARIKI ORA ☎ 0508 826 274 (0508 tamariki)

WOMENS REFUGE ☎ 0800 733 843 (0800 refuge)