Cardiac + Respiratory
FOUNDATION NZ

Te whakahaere i te huangō o tō tamaiti

Te āwhina i tō tamaiti kia hauora ai tōna ao me te huangō.



E tohu ana te hongi
i te hā ora.

He tohu i te wā i hoatu
e Tāne te hā ora ki
roto i a Hineahuone,
te wahine tuatahi.

Kupu Whakataki

He mate te huangō i kitea noatia ana i Aotearoa, engari he mea whakamataku ina pā mai ki te tamaiti e tiakina ana e koe. Ko te mea pai ka taea taua huangō te tino whakahaere.

Mā ngā mātua, ngā whānau me ngā kaitiaki tamariki mate huangō tēnei pukapuka. Ka āwhina i a koe ki te whakarite kei te pakari tō tamaiti me te ora, hari hoki. Ka ako koe me pēhea te āwhina ki te ārai i tētahi pānga mai o te huangō, ā, me aha koe ina pā mai.

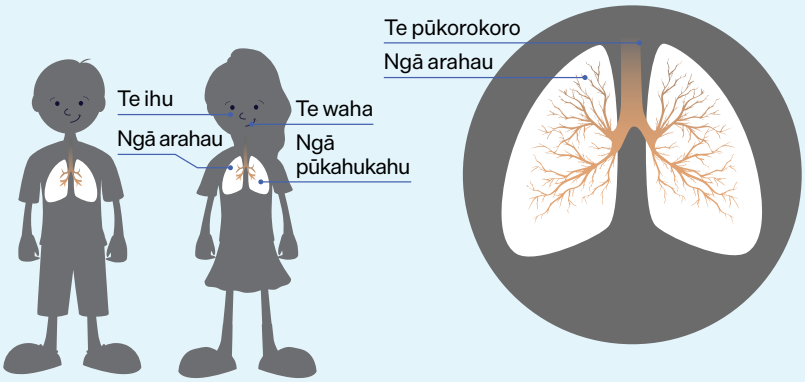
Ehara i te mea me oti i a koe te pukapuka te pānui i te wā kotahi. Me pānui haere i roto i te wā. Ka āwhina i a koe ki te whakautu i ēnei pātai:

He aha tēnei mea te huangō?	**2**
He aha ngā tohumate o te huangō?	**5**
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He aha tēnei mea te huangō?

Ko te huangō he mate romahā e pā noa mai ana. I Aotearoa, kotahi te tamaiti i roto i te tokowhitu me whiwhi rongoā mō te huangō.

Te pūnaha arahau



Ko te pūnaha arahau te āhuatanga e whakahā ai tātau. Ka whakahā tātau kia uru mai ai te hāora ki ō tātau tinana, ā, ka tukuna atu te hā hei whakakore atu i te hauhā. Ko te pūnaha arahau koinā te ihu, te waha, ngā pūkahukahu me ngā arahau.

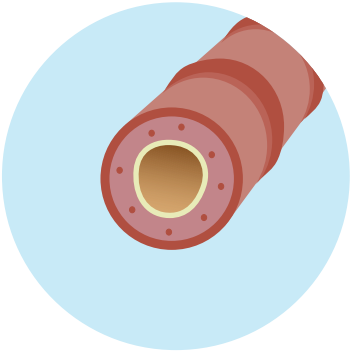
Ko te arahau nui rawa ko te pūkorokoro, e hono ana i ngā pūkahukahu ki te ihu me te waha. Arā atu anō ngā arahau kei roto i ngā pūkahukahu. Ko ngā arahau koinā anō ngā ngongo whakahā.

He tūtohu ngā arahau o te hunga mate huangō. Ka māngeongeo ngā arahau tūtohu o tō tamaiti nā tētahi pūtake i roto i te taiao (pērā i te hae), nā tētahi mate, nā tētahi kare ā-roto rānei (pērā i te ahotea). Ka pupuhi ngā arahau o tō tamaiti nā te māngeongeo nō reira ka uaua te whakahā. Ka taea e koe te pānui kōrero atu anō mō ngā pūtake o te huangō i ngā whārangi 7–10.

Ka aha i te pānga mai o te huangō?

Ka taea e te nuinga o ngā tāngata tō rātau huangō te whakahaere mō te nuinga o te wā. Ka taea e koe tō tamaiti te tohutohu kia mōhio ai ki ngā tohu o te huangō, ā, me aha kia mutu ai te pānga mai o te huangō, ka pupū ake rānei.

He mana tō te mōhio, ā, ka taea e koe tēnei mana te whakamahi hei āwhina ki te ārai i te pānga mai o te huangō ki tō tamaiti. Me mōhio koe ki te tinana o tō tamaiti, me mōhio koe he aha ngā pūtake o te huangō o tō tamaiti, ā, me whakarite ka whakapetoa e tō tamaiti ana rongoā i ngā wā katoa.



I roto i tēnei **arahau hauora**, kei te whānui te tuwhera o te ngongo kia ngāwari ai te rere o te hau.



Koinei te **arahau o tētahi tangata kei te pāngia e te huangō**. Kua kikī haere ngā uaua kei te arahau. Kua pupuhi te kiriroto, ā, kua kī te pūngongo i te hūware mātotoru. Nā ēnei ka uaua mō te tangata ki te whakahā.



He tino kaha te huangō o te tama a Renee, a Alex, i uaua ai nā te whāiti haere o te korokoro, engari he tino pārekareka ia ki te hākinakina.

> He tino kino te huangō, engari kāore i aukati i tana whakatutuki i tōna kaingākau mō te hākinakina! He omaoma, whanapoikiri, hake rō wai, ā, me te hoe waka i ēnei rā.
>
> Tino mīharo ahau ki te waha a Alex i tēnei. Ahakoa i a ia e tino tamariki ana, i hiahia tonu ia ki te mahi me mātau kia mōhio ai me pēhea te aukati i te pā mai o te mate me te whakamāui ake ina māuiui ia. I ēnei rā, he angitū tana kōrerorero mō tana mahere mahi me tana rata me te nēhi, ā, kei runga tonu i a ia ki te whakatutuki i tēnei.

He aha ngā tohumate o te huangō?

He mea nui te mōhio ki ngā tohumate o te huangō. Ka taea te whakahaere wawe i te huangō i te nuinga o te wā, engari he mōrearea ki te waiho noa.

E whā ngā tino tohumate nui o te huangō:

- maremare
- hēmanawa
- tīmohu
- ka kikī te uma

Ko te **tīmohu** he rite ki te whiowhio te tangi ina whakakaha ana te tangata ki te whakahā mā ngā arahau kua tino whāiti rawa ki tērā e tika ana. Ka kaha ake te tangi ina whakahā ki waho.

Ina pā mai te mate huangō, ka kino ake ēnei tohumate, ā, ka uaua ki te tangata te whakahā. E kī ana ētahi he rite tonu ki tētahi mea tino taumaha kei runga i ō rātau uma, he kikī rānei. He uaua pea te whakahā, ā, ko te mutunga atu he tino mamae.

He pēhea te āhua?

Kia mōhio ai koe he pēhea te āhua o te huangō mō tō tamaiti, me whakamātau koe ki te whakahā ki roto, ki waho mā tētahi ngongo. I te tuatahi me whakahā noa. Kātahi ka kini i te pito o te ngongo me te whakahā haere tonu ki roto me waho. Ka pā mai te hēmanawa ki a koe, ā, ka kikī pea tō uma.

Mēnā kāore ō ngongo, me whakamātau te whakahā hau mā tō meke huaki. Kātahi ka āta kati haere i tō meke, ā, me te puhapuha haere tonu. Kua mārama ki te āhua o te whakaruhi ki a koe!

Kāore e taea e ngā tamariki nohinohi te kōrero ki ētahi atu kei te pēhea rātau. Mā ētahi kē rātau e tirotiro me te kite i ngā tohumate ina pā haere mai.

Ka kite pea koe kei te ngenge pea tō tamaiti i te mea ka uaua te moe nā te uaua o te whakahā. I ngā āhuatanga kino ake, ka kite pea koe i te poho me ngā taha o tō tamaiti e kukume haere ana.

I tētahi tamaiti pakeke ake, me pātai koe kei te pēhea ia me te āwhina i a ia ki te mataara ki ngā tohumate huangō mōna anō.

Ka homai pea e te tākuta he rātaka tohumate. Ka taea e kōrua ko tō rata tēnei rātaka te whakamahi hei whaiwhai haere kei te aha, ā, me te mārama ki ngā tauira o ngā tohumate o tō tamaiti. Ka taea e koe te pānui kōrero atu anō mō ngā rātaka tohumate i whārangi 21.



He aha ngā pūtake o te huangō?

I mua, i pōhēhē ētahi ko te huangō 'i roto noa iho i tō hinengaro'. E mōhio ana tātau ināianei koinei te urupare a te tinana ki tētahi pūtake e whāiti haere ana ngā arahau o te tangata.

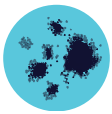
Ka rerekē pea ngā pūtake mō ngā tāngata rerekē, engari arā anō ētahi he tino ōrite.

I te taha mauī o te ripanga kei ngā whārangi 8, 9 me te 10, ka kite koe i ētahi pūtake noa mō te huangō. I te pou matau, ko ētahi huatau me pēhea te āwhina i tō tamaiti kia kaua e pā mai ēnei pūtake.

Mēnā e hiahia ana koe, ka taea e koe te pou o waenga te whakamahi hei tuhi i ngā pūtake pea mō te huangō pea o tō tamaiti. Me tohu te pou me tētahi tohu mō te 'āe', he tohu hē mō te 'kāo', me tētahi tohu pātai mēnā kāore koe i te mōhio.

Me kōrero ki ētahi atu tāngata e tino mōhio ana ki tō tamaiti mō ngā pūtake pea i kite rātau.

Kei roto i ētahi pūtake huangō, pērā i te hae me te huruhuru mōkai, ko ngā matū whakaputa mate pāwera. Ko ngā matū whakaputa mate pāwera he matū tino moroiti ērā he pai noa iho i te nuinga o te wā, engari ka puta mai he pānga pāwera i ētahi tāngata.

Ngā pūtake huangō noa	Ngā pūtake o tō tamaiti ✓ x ?	Ētahi tikanga hei āwhina i tō tamaiti ki te ārai i ana pūtake huangō
Rewharewha me te whurū 	○	Ka rewharewhahia ngā tamariki katoa. Ina pā mai tēnei, me āta tirotiro mō ngā tohu huangō. Me rite koe ki te huri i ngā rongoā o tō tamaiti kia hāngai ki tana mahere mahi (whārangi 21). Me mātua whakarite ka whiwhi ārainga mate tō tamaiti i te ngahuru o ia tau. Kāore he utu o te kano ārai mate whurū mō ngā tamariki katoa he whai rongoā ārai huangō.
Auahi hikareti 	○	Me auahi kore te wāhi o tō tamaiti. He maha ngā āwhina ka taea e koe mēnā e hiahia ana koe ki te whakamutu i te kai paipa. Me tīmata me tō rata, nēhi rānei, me whakamātau rānei i te Quitline. (Tirohia te whārangi 35 mō ngā taipitopito whakapā.)
Te hau maroke makariri, ngā rerekētanga rānei ki te huarere 	○	Me whakarite kei te mahana me te maroke tō tamaiti, ā, me whakamahi kāmeta hei uhi ki tōna waha me tōna ihu. Me whakatenatena i tō tamaiti ki te whakamahana i te hau mā te whakahā mā tōna ihu kaua mā te waha. Mēnā he rite tonu te purupuru o tōna ihu, me kōrero ki tō rata mō tēnei.
Te kōhukihuki me te ahotea 	○	Me whai tonu i ngā mahi e mahia e koe kia kaha tonu, kia hauora hoki tō tamaiti mā te tōtika o te whakatā, ngā kai tika, te korikori tinana, me te whai wā ki te kōrero mō ngā māharahara. Ka whakaiti te whakahā māhorahora i te kōhukihuki me te ahotea.
Pūhekaheka 	○	Me whakarite kei te mahana, maroke, hauhau hoki tō whare. Me puta atu te hau o tō mīhini whakamaroke kākahu me te whakamahi i ngā kōhauhau tango hau i roto i te kīhini me te rūma horoi. Mēnā ka taea, he mihīni whakakore haukū. Me whakakore atu ngā pūhekaheka mā te whakatoki, engari kia tūpato kei whakahātia ngā au.

Ngā pūtake huangō noa	Ngā pūtake o tō tamaiti ✓ X ?	Ētahi tikanga hei āwhina i tō tamaiti ki te ārai i ana pūtake huangō
Te hae i roto i ētahi tipu 	○	He pūtake noa te hae, otirā i te raumati, moata tonu i te ata me te ahiahi hoki. Me ngana kia waiho ngā mahi o waho mō muri i te poupoutanga o te rā. Me kati ngā matapihi ina hauhau, takawai rānei. Me kōwhiri ko ngā tipu ātaahua, whai kano mō te māra e whakamahi ana i ngā ngāngara hei ruirui i te hae, kaua i te hau.
Ngā ngeru me ētahi atu mōkai huruhuru 	○	Kaua e tiki mōkai me te kore e tirotiro mēnā kei te pāwera tō tamaiti ki te mōkai. Mēnā kāore e taea te karo i te whai mōkai huruhuru, me kōrero ki tō rata kararehe me pēhea te whakarite ka paraehe tika. Mēnā ka haere koe ki tētahi whare he mōkai huruhuru kei reira, me pātai kia noho atu te mōkai ki waho. Kaua rawa tō tamaiti e moe i roto i tētahi rūma me tētahi mōkai. Mēnā ka neke koe ki tētahi whare he mōkai i reira i mua, me āta horohoroia e koe. Tērā pea he toru ki te whā marama te roa e āta horohoroi ana e koe kia kore katoa atu ngā matū whakaputa mate pāwera.
Ngā pūwereriki puehu 	○	He pūwereriki puehu ō ngā kāinga katoa, engari kei reira ētahi tikanga hei whakaiti i ēnei. Hei tauira, ka taea e koe te: • whakamahi mīhini ngongō i ia wiki me tētahi pūnaha tātari pai • horoi ngā miro moenga i ia wiki i rō wai wera • horoi ngā taonga tākaro ngohengohe i rō wai wera, te whakatio rānei mō te 72 haora • whakairi ngā miro moenga me ngā whāriki kia whakatikia e te rā • whakarite kei te mārama, kei te hauhau tō whare • me ūkui me tētahi papanga mākū
Te korikori tinana 	○	He pai te korikori tinana mō te katoa, tae atu ki te hunga mate huangō! Engari, ka pā mai te huangō i tēnei, otirā ina makariri me te maroke te hau. I te whārangi 25 kei reira ngā mōhiohio me pēhea te korikori tinana a tō tamaiti kia haumaru, kia hari hoki.

He pūtake huangō tino rerekē	Ngā pūtake o tō tamaiti ✓ x ?	Ētahi tikanga hei āwhina i tō tamaiti ki te ārai i ana pūtake huangō
Kai 	○	He tino tokoiti ngā tamariki he pāwera ki te kai pērā i te miraka kau, witi, kaimoana, hēki, hoi, pīnati hoki. Mēnā ki ōu whakaaro ko te kai te pūtake o te huangō o tō tamaiti, me haere ki tō kaiwhakarato hauora (mō ētahi kaiwhakarato hauora, tirohia ngā whārangi 33–35). Kei reira ngā whakamātautau māmā ka taea e te kaiwhakarato hauora te whakahaere hei tirotiro mēnā ko te kai te raruraru. Mēnā āe, ka taea e tō kaiwhakarato hauora te tūtohu kai tōtika hei whakakapi.

Ko koe te mea e tino mōhio ana ki tō tamaiti. Ka taea e koe ō mōhio te whakamahi hei āwhina i a koe ki te ārai atu i ngā pūtake o tōna huangō. Kāore e taea e tō tamaiti ōna pūtake te karo i ngā wā katoa, engari mā te mōhio he aha ērā, ka taea e koe te āwhina mā te whakahaere i ērā.

> Ko te nuinga o ngā tamariki ka tūpono pā atu ki ngā pūtake pērā i te korikori tinana, ngā kararehe, otaota hoki, ā, i ētahi wā ka raruraru tō huangō. Kaua rawa ngā mātua e pōraruraru kei te whai tā rātau tamaiti i tētahi ao noa.
>
> Tāne, mātanga huangō

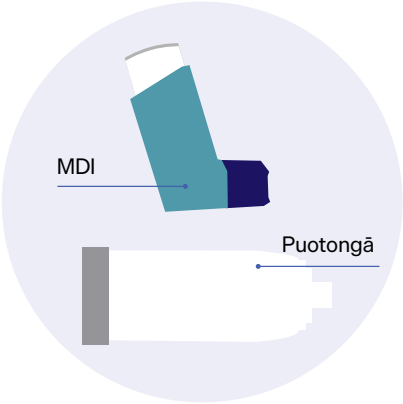
He pēhea te whakamaimoa i te huangō?

Tē taea te huangō te whakaora, engari ka taea te whakamaimoa. I roto i tēnei pukapuka, ka pānui koe i ngā rongoā huangō me te āhua ka tukuna.

Te whakaatu i ngā ngongō

He aha te ngongō?

Ko te **ngongō** huangō he kēhi kirihou e pupuri ana i te rongoā huangō. He mea waihanga ki te tuku hāngai i ngā rongoā ki ngā pūkahukahu. He rite te whakahua i ngā ngongō he **pūhau**.



E rua ngā momo ngongō: he ngongō horopeta ine (MDI) me ngā ngongō paura maroke.

Ngongō horopeta ine

Tukuna ai e **tētahi ngongō horopeta ine (MDI)** he rahinga rongoā huangō. Kei roto i te MDI ko tētahi puoto whai pēhanga e pupuri ana i te rongoā hei haurehu. Me rurerure te MDI kia ranu ai te rongoā i mua i te whakamahinga. Ina pēhia te MDI, ka tukuna e te puoto he haurehu ki roto i tētahi puotongā.

He ipuipu kirihou mārama te **puotongā.** Ka uru te puotongā ki tētahi pito o te puotongā, ā, he ngutu kei tērā atu pito, he hīpoki rānei ka uru ki te ngutu. Ka tuwhera tētahi katirere o te ngutu o te puotongā, ā, ka kati ina whakahā te tangata e whakamahia ana ki roto, ki waho. Ka uru tōtika atu ngā rongoā ki ōna pūkahukahu kia timata tonu ai te mahi.

Ka tino whakapiki i ngā puotongā te whaitake o te rongoā huangō. Ka taea e koe tētahi puotongā koreutu te tiki mai i tō kaiwhakarato hauora.

Ka aha mēnā he tino tamariki rawa taku tamaiti, kāore rānei e pai ki a ia te ngongō?



Ka taea e ngā tamariki i raro i te whā tau ā rātau MDI te whakamahi me tētahi ārai kanohi e mau ana ki te puotongā. Me āwhina koe, tētahi atu pakeke rānei i a ia.

Ina uru te puotongā ki te waha o tō tamaiti, kua mau rānei te hīpoki ki tōna ihu me tōna waha, me tōrehu te rongoā ki roto i te puotongā. Ka noho tārewa tonu ki reira, e whai wā ai tō tamaiti ki te whai i ngā whakahā e ono mā te hīpoki.

Ka taea tēnei hīpoki te makere mai i te puotongā ina taea e tō tamaiti te ngutu puotongā te whakamahi. Mō te nuinga o ngā tamariki, kei te whā tau.

Ngongō paura maroke

Ehara te rongoā i roto i tētahi **ngongō paura maroke** i te haurehu engari he paura kē. Kāore koe e mate ki te rurerure i tēnei ngongō i mua i te whakamahi. Ka whakahā tika mai te tamaiti i te rongoā mai i te ngutu o te ngongō. Me pātai ki tō rata, nēhi, taka rongoā kia whakaatu me pēhea te whakamahi i te ngongō.

Te whakamahi tahi i tētahi ngongō me tētahi puotongā

E whakaatu ana ngā whakaahua i raro i ngā upane e ono mō te whakamahi i tētahi MDI me tētahi puotongā. Me āwhina koe i ngā tamariki nohinohi ki te whai i ēnei upane. I te pakeke haeretanga o tō tamaiti, ka taea anō e ia te whakamahi ko ia anake.

1



Mēnā kei te whakamahi i tētahi hīpoki, me whakamau ki te puotongā.

2



Puritia te ngongō kia torotika ka rureruretia.

3



Whakamaua te ngongō ki te pito o te puotongā.

4



Me mau ō ngutu ki te ngutu, me piri rānei te hīpoki kia kapi te ihu me te waha.

5



Kia kotahi anake te pēhi i te ngongō.

6



Me pupuri te puotongā ina whakahā pōturi ana mā tō waha kia ono ngā wā.

Mēnā me whai horopeta atu anō tō tamaiti, me mahi anō ngā upane 2 ki te 6.

Ka āwhina anake te rongoā i tō tamaiti mēnā ka uru ki ōna pūkahukahu. He roa te wā e ako ana ki te whakamahi i tētahi ngongō, ā, ka wareware hoki te tangata. Mēnā kāore koe i te tino mōhio mēnā kei te tika te whakamahi a tō tamaiti i te ngongō, me pātai ki tō kaiwhakarato hauora kia whakaaturia mai anō.

Me pēhea taku tiaki i te puotongā me te ngongō a taku tamaiti?

Horoia te puotongā kia kotahi te wā i te wiki. Ka ārai tēnei i te piri o te rongoā ki te taha, te purukati rānei i te katirere. Me horoi ki te wai mahana me te hopiwē ngāwari, ā, ka waiho ki reira maroke ai.

Me whiwhi puotongā hou tō tamaiti i ia tau. Ka taea e koe tēnei te tiki atu i taua wā anō e kite ana koe i tō kaiwhakarato hauora mō te mahere mahi a tō tamaiti.

Me horoi ngā MDI i ia wiki. I taua wā anō me tirotiro e koe kei te rawaka ngā rongoā e toe ana, ā, kāore i eke te rā mōnehu.

Te horoi i tō MDI

1. Me tango te taupoki ngutu kirihou.
2. Me tango te puoto konganuku engari kaua e raua ki rō wai.
3. Me riringi te ngutu me te taupoki ki raro i te wai mahana mō te 30 hekona i te iti rawa.
4. Me rurerure atu i te wai ka waiho kia tino maroke.
5. Whakahokia te puoto konganuku ka whakamau anō i te taupoki.

Te whakauru mai i ngā rongoā



He aha ngā rongoā o te huangō?

He maha ngā momo rongoā huangō: ngā rongoā pūārai, ngā rongoā whakamāmā, ngā rongoā pāhekoheko, me ngā pūtaiaki ā-waha. He mea nui te mōhio ki ngā rerekētanga i waenga i ēnei rongoā, kia tika te kai, ā, kia mōhio ki ngā pānga kino pea. Ka āwhina ngā ripanga kei ngā whārangi 16-19 i a koe me tēnei.

Ko te 'pūtaiaki ā-waha' he rongoā pūtaiaki huangō ka horomia. He pire, he wē rānei te āhua.

Ko ētahi tamariki mate huangō he rongoā pūārai ō rātau. Kia maumahara, tē taea te huangō te whakaora. Ko te tikanga o tēnei he mea nui kia whakapeto haere tonu tō tamaiti i te rongoā pūārai e ai ki ngā tohutohu a tō rata.

Ko te nuinga o ngā rongoā huangō ka tukuna mā tētahi ngongō. Nā tēnei, ko te tino kī a te tangata 'ka whakamahi i tana ngongō whakamāmā', te 'whakamahi i tana pūhau whakamāmā' rānei kaua te 'whakapeto i ōna rongoā'.

He pūtaiaki kei roto i ngā rongoā pūārai. He pānga kino pea ō ngā rongoā pūārai, engari he māmā ēnei, ā, kāore pērā rawa te kino o ngā pānga pērā i te kore huangō kāore i te whakahaerehia. Me kōrero ki tō kaiwhakarato hauora – tō rata, nēhi, kaiwhakaako huangō rānei – mēnā kei te māharahara koe.

Ahakoa kei te whakahaerehia te huangō, ka taea te pupū ake anō. Ina pērā ana, me mōhio koe ko tēhea te ngongō me whakamahi e tō tamaiti. Me mātua whakarite koe ki te tae o te ngongō pūārai a tō tamaiti me te tae o tana ngongō whakamāmā. Me tuhi e koe tāu ake tapanga kia tino mōhio ai koe.

Ka taea e te nuinga o ngā tamariki ō rātau ake rongoā huangō te whakahaere mai i ngā tau e whitu pea. Engari, e hiahia ana tonu ngā tamariki pakeke atu kia tirotirohia e koe kei te whakahaerehia tō rātau huangō me te āwhina ki te tirotiro mō ngā huringa.

I tūtohua pea he momo rongoā kotahi, e rua pea ki tō tamaiti, nui atu rānei. Ka tuhia e tō rata ngā ingoa o ngā rongoā o tō tamaiti ki tana mahere mahi huangō. Mēnā e hiahia ana koe, me tārua e koe aua mōhiohio ki ngā wāhi i roto i te ripanga kei te whārangi e whai ake.

Ngongō pūārai

Ana mahi	Ko te pūārai te rongoā tino hira rawa o tō tamaiti. He ārai i te pupuhi me te whāiti haere o ngā arahau e pā mai ai te huangō. Ka whakaiti tēnei i te tūponotanga ka pupū ake te huangō. He pōturi te mahi a ngā pūārai, nō reira kāore pea tō tamaiti e rongo wawe i te rerekētanga ki a ia. I roto i te wā, ka āwhina te whakamahi i ia rā ki te whakahaere i te huangō o tō tamaiti.
Me pēhea te whakamahi	Me whakamahi ngā pūārai i ia rā, e ai ki ngā tūtohutanga rānei, ahakoa kei te pai tō tamaiti.
Ngā pānga kino pea	Ko ngā pānga kino pea o ngā rongoā pūārai ko te mamae korokoro, he reo whango, he whakapokenga ā-waha. Ka taea e tō tamaiti ēnei pānga kino te karo mā te whakamahi i tētahi puotongā me te parāhe i ōna niho, te horoi rānei i tōna waha i muri tonu i te whakamahi i tana ngongō.
Te pūārai e whakamahia ana e taku tamaiti	

Ngongō whakamāmā

Ana mahi	Ka whakaparohe ngā rongoā whakamāmā i ngā uaua kikī e awhi ana i ngā arahau o tō tamaiti hei āwhina kia rere pai ai ki roto me waho. Tata ki te rua ki te whā haora te roa o tēnei pānga.
Me pēhea te whakamahi	Ka taea ngā rongoā whakamāmā te whakapeto hei whakamāmā i te tīmohu, maremare, kikītanga ki te wāhi o te uma. Ka marohi anō pea tō kaiwhakarato hauora kia whakamahia e tō tamaiti tēnei i mua i te korikori tinana. He maha ngā tāngata e whakawhirinaki ana ki ngā ngongō pūārai e tere ai te māuru mai, engari kāore e whakamaimoatia e ngā ngongō whakamāmā i te pūtake o ngā tohumate huangō. He tino mate te huangō kāore e whakahaerehia, ā, ka taea te whakamate i a koe. Me kite i tō kaiwhakarato hauora mēnā e neke atu i te rua, toru wā rānei i te wiki te whakamahi i tana ngongō whakamāmā i te mea e tohu ana tēnei kāore i te pai te whakahaere i tōna huangō.
Ngā pānga kino pea	Ko ētahi pānga kino o ngā rongoā whakamāmā ko te paku wiriwiri, ānini te māhunga, ka tere te kapa o te manawa, me te kārangi. Ki te pā mai ēnei tohumate ki tō tamaiti, me wawe tonu te kite i tō rata.
Te ngongō whakamāmā e whakamahia ana e taku tamaiti	

Ngongō pāhekoheko

Ana mahi	E rua ngā rongoā kei roto i ngā ngongō pāhekoheko, ā, he āwhina ki te ārai i te huangō me te whakamāmā i ngā tohumate.
Me pēhea te whakamahi	Me mātua whakamahi ngā ngongō pāhekoheko i ia rā ahakoa kei te pai tō tamaiti. Me pātai ki tō kaiwhakarato hauora mēnā ka taea tēnei ngongō te whakamahi i tētahi ohotata, i te mea me whai kē pea i tētahi ngongō whakamāmā kē hei whakamahi mēnā kei te pākia tō tamaiti i tētahi huangō.
Ngā pānga kino pea	Ko ngā pānga kino o te ngongō pāhekoheko kāore i te hiahiatia ko te paku wiriwiri, ānini te māhunga, ka tere te kapa o te manawa, kei te mamae te korokoro, he whakapōkenga ā-waha rānei. Ka taea e tō tamaiti te korokoro mamae, te whakapōkenga kōpurawhetū rānei te karo mā te whakamahi i tētahi puotongā me te parāhe i ōna niho, te horoi rānei i tōna waha i muri tonu i te whakapeto i ōna rongoā.
Te ngongō pāhekoheko e whakamahia ana e taku tamaiti	

Ngā pūtaiaki ā-waha

Ana mahi

He tino whaitake ngā pūtaiaki ā-waha (ngā pire me ngā wē) mō te whakahaere i ngā tohumate huangō mēnā kāore i te tau haere mā ngā ngongō anake. Ka whakaheke i te pupuhi i roto i ngā kiriroto o ngā arahau o te tamaiti me te whakaiti i te rahinga hūware ka puta. Ko ētahi tamariki huangō anake me whai pūtaiaki ā-waha.

Me pēhea te whakamahi

Ko te tikanga ka kainga ngā pūtaiaki ā-waha mō te rima rā pea, i te taha o ngā rongoā pūārai o tō tamaiti.

Ngā pānga kino pea

He pai noa iho te kai pūtaiaki ā-waha mō te wā poto, ā, kāore he pānga kino mau roa. Ka kite ētahi kua rerekē te āhua ngākau, te kaha tinana, te hiakai rānei. He ngāwari noa ēnei pānga kino i te nuinga o te wā. Ka taea e koe ngā pānga kino wā poto te matapaki me ētahi atu o ō māharahara me tō rata, taka rongoā rānei.

He tino tokoiti ngā tamariki ka mate ki te kai i ngā rongoā pūtaiaki ā-waha mō te wā roa. Ka riro mā tētahi mātanga ēnei tamariki e tiaki.

Ngā pūtaiaki ā-waha e whakamahia ana e taku tamaiti

Pēhea ngā rongoā tautoko?

He pai noa iho te whakamahi i ngā ara rerekē, pērā i ngā rongoā Māori, ngā rongoā otaota Hainamana, engari me kōrerorero koe ki tō rata mō ēnei me te whakamahi i te taha kē, kaua hei whakakapi i ngā ngongō me ngā rongoā i tūtohua. Ka taea ngā rongoā whai hua tūturu te whakamōrea i te tangata huangō. Ka taea ngā rongoā pērā i te hae pī, ekenīhia te tīmata i te huangō, ā, i ētahi atu wā ka taea e ngā rongoā tūturu te whakararuraru i ngā rongoā tūtohu o tō tamaiti.

Engari, ko ngā tikanga whakaora tūturu pērā i te rongoā Māori kei te nui haere ake te whakautehia e ngā kaimātai rongoā auraki mō te whai i tētahi tirohanga hauora whānui, pērā i te taha wairua, hinengaro, tinana, whānau hoki. Kei te titiro ētahi kairangahau ki te whakamahinga o ngā rongoā tipu, tae atu ki ērā e whakamahia ana e te Māori, engari i tēnei wa he tino iti noa ngā whakaaturanga ake mō ngā pānga. Engari kua kitea ngā whakahaumanu māhorahora pērā i te ioka, ka āwhina ki te whakaiti i te huangō ka pupū ake nā te ahotea.

Mēnā kei te whakaaroaro ake koe ki te whakamātau i ngā rongoā tūturu, me kimi ngā mōhiohio katoa ka taea, ā, ka kōrerorero atu ki tō kaiwhakarato hauora. Engari kia maumahara – kāore i te haumaru ki te whakamutu i ngā rongoā o tō tamaiti, te tuku rānei i ngā rongoā hou ki a ia me te kore kōrerorero i te tuatahi.



Me aha ahau ki te whakahaere i te huangō o taku tamaiti?

Kua tukuna e tō rata he mahere mahi huangō tamariki, ā, i te whakamahi anō pea koe i tētahi rātaka tohumate. Ka taea e koe te mahere huangō me te rātaka tohumate te whakamahi hei āwhina ki te whakahaere i te huangō o tō tamaiti me te ārai i te pānga o te huangō.



Ka whakamōhio atu te **mahere mahi** me aha koe ina pai haere, kino kē rānei te huangō o tō tamaiti. Ka kōrero atu ki a koe ko ēhea ngā rongoā hei whakamahi, ā, kia hia te rahi. Ka rerekē te rahinga me te momo o ngā rongoā ina ka rerekē haere ngā tohumate huangō o tō tamaiti.
E whakaatu ana te ripanga kei te whārangi 23 i te āhua o te rerekē haere mai i tētahi pupūtanga huangō māmā ki tētahi ohotata huangō.

Ka whakakīhia e tō rata te mahere mahi a tō tamaiti, mā te whakamahi i ngā mōhiohio e whakaratoa ana e koe. Ka āwhina tēnei i a koe ki te tuku i ngā whakatau tika. Ko te tikanga ka whakamōhio haere tō rata i a koe i te wā kotahi i te tau i te iti rawa me ngā wā ka rerekē ngā rongoā o tō tamaiti.

He mea tino nui kia mōhio, kia mārama hoki koe, tō tamaiti me ngā tāngata katoa e tiaki ana i tō tamaiti ki ngā tohutohu i roto i te mahere mahi a tō tamaiti.

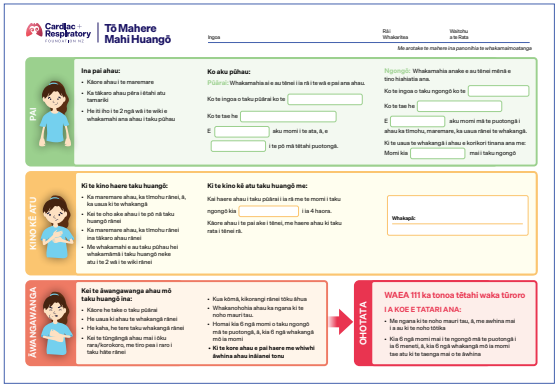


Ko te **rātaka tohumate** te wāhi e taea e koe ngā tohumate huangō o tō tamaiti te tuhi kia kite ai koe i ngā ia i roto i te wā. Mā te kite i ēnei ia ka āwhina i a koe me tō kaiwhakarato hauora kia mārama he aha ngā pūtake o te huangō o tō tamaiti, ā, he pēhea te whaitake o ngā rongoā.

Ehara i te mea me whakakī e koe te rātaka tohumate i ngā wā katoa. Engari, he tino whaitake ina whakatau tuatahitia te mate o tō tamaiti, mēnā ka whakarerekēhia ana rongoā, mēnā rānei kua rerekē ngā tohumate o tō tamaiti.
Ka pakeke haere ana tō tamaiti, ka āwhina koe i a ia kia riro māna anō tana rātaka tohumate e whakamahi.



Whakamahia ai e te mahere mahi huangō me te rātaka tohumate tētahi pūnaha rama ārahi waka. **Kākariki,** kei te pai tō tamaiti... kei te whakahaerehia te huangō. **Karaka,** kei te kino haere atu tana huangō, ā, me whakapeto i ana rongoā whakamāmā. **Whero,** he ohotata – kei te pākia tō tamaiti e te huangō, me tono āwhina.



Ahakoa ka oti i a koe ngā mahi tika katoa, ka pā tonu pea te huangō ki tō tamaiti. He āwhina ngā mea katoa e mahia ana e koe engari e hiahiatia ana ētahi āwhina atu anō. I tētahi ohotata, he āwhina kei reira.

Kia maumahara: Mēnā he pātai āu, me kōrero atu ki tō rata, nēhi, kaiwhakaako huangō rānei. Kei reira rātau ki te āwhina.

Me aha ahau i tētahi ohotata?

I tētahi ohotata, me mauri tau. Ka āwhina tērā kia maumahara ki ngā upane huangō e ono: **A**romatawai, **N**oho, **W**hakamaimoa, **Ā**whina, **A**roturuki, **K**ua pai!



Aromatawai

Aromatawai mēnā he māmā, āhua māmā, kino rānei te huangō.

Māmā

Ko ngā tohumate māmā pea e tohu ana kei te kino haere atu te huangō ko te:

- tīmohu iti
- maremare āhua māmā
- maremare, tīmohu rānei ina hiamo, omaoma rānei

Āhua māmā

Ko ngā tohumate āhua māmā pea e tohu ana i te māharahara mō te huangō he:

- mārama te kite i te uaua o te whakahā
- maremare haere tonu
- uaua te whakaoti i te rerenga kōrero

Kino

Ko ngā tohumate kino pea e tohu ana i tētahi ohotata he:

- mataku
- tūngāngā
- uaua te kōrero neke atu i te kupu kotahi, e rua rānei
- horotea te āhua me te iti o te reo
- amuamu kāore te rongoā whakamāmā i te mahi
- kore urupare - kāore i te whakautu mai ina kōrero atu

Me waea atu ki 111 mō tētahi waka tūroro!



Noho

Me noho tū tō tamaiti me te noho i tōna taha. Me tītaha whakamua ia me te tautoko i ōna ringa ki runga i ōna pona tētahi tēpu rānei.

Me tango mai i tēnei whārangi mai i te pukapuka ka waiho ki tētahi wāhi ka kitea māmātia, pērā i te pouaka whakamakariri.



Whakamaimoa

Me whakamaimoa ngā tohumate huangō me ngā momi e rua o te ngongō whakamāmā. Me whakamaimoa ngā tohumate āhua māmā, kino rānei me ngā momi e ono o te ngongō.

Mēnā kei roto te rongoā whakamāmā i tētahi ngongō horopeta ine, me whakamahi he puotongā. Raua te puotongā ki te waha o te tamaiti. Kia kotahi te momi ki te puotongā, ā, kia ono ngā whakahā ki roto me waho a te tamaiti.

Me whakatenatena i tō tamaiti kia ngana te whakahā noa.



Āwhina

Ki te kore e pai haere te huangō o tō tamaiti i muri i te ono meneti, mēnā kei te mataku koe, tō tamaiti rānei, me waea atu mō tētahi waka tūroro. Me hoatu tonu kia ono ngā momi o te ngongō whakamāmā ki te tamaiti i ia ono meneti kia tae mai ngā āwhina. Me whakarite kia ono ana whakahā pōturi mō ia momi. Me mahi haere i tēnei kia pai rā anō ia, kia tae rawa atu rānei te waka tūroro.

Kia maumahara: **Ono** ngā momi... **ono** ngā whakahā mō ia momi... ka mahi anō i ia **ono** meneti.



Aroturuki

Me noho tonu koe ki te taha o tō tamaiti ka āta tirotiro, ahakoa pea ka pai haere ake ia. Mēnā kāore i te pai ake te whakahā a tō tamaiti, me whāngai haere anō ngā horopeta o te ngongō whakamāmā ka waea atu ki tētahi waka tūroro.



Kua pai

Ka taea e tō tamaiti ngā mahi māmā te mahi anō ina mutu tana tīmohu, maremare, hēmanawa rānei. Me tirotiro haere tonu i ana tohumate me te urupare ina hiahiatia ana, mā te whai i ngā upane kei te mahere mahi. Mēnā kei te ōrite haere te pā mai o ngā huangō ki tō tamaiti, kei te māharahara rānei, me wawe tonu te kite i tō rata.

Me kaha te korikori tinana o taku tamaiti?



He pai te korikori tinana mō tātau katoa, engari i te mōhio anō koe he tino pai rawa mō ngā tāngata mate huangō? Ka āwhina te korikori tinana i te mahi a ngā pūkahukahu me te hiki i te angitū o te tangata kia pai ake te whakahaere i tōna mate.

Engari, ka taea anō te pupū ake o te huangō i te korikori tinana, tae atu ki te hunga e whakahaere pai ana i te huangō. He mea nui kia mōhio koe, tō tamaiti, me ētahi atu pakeke tika me aha ina pā mai tēnei. Koinei ētahi tikanga māu hei āwhina kia haumaru ai ngā mahi korikori tinana i roto i te ao o tō tamaiti:

- Me kōrero ki tō kaiwhakarato hauora mō te korikori tinana a tō tinana.
- Mēnā kua tūtohua he horopeta rongoā whakamāmā ki tō tamaiti i mua i te korikori tinana, me tirotiro ka whakapetoa. Ka tuhia te ingoa o te rongoā whakamāmā me te horopeta ki te mahere mahi huangō a tō tamaiti.
- Me mātua whakarite ka whakapetoa e tō tamaiti ana rongoā ārai i ia rā. Me mātaki i tō tamaiti e whakapeto ana i tana ngongō kia mōhio ai kei te tika te whakamahi.
- Me mātua whakarite ka kawea haerehia e tō tamaiti tana ngongō whakamāmā, e tata ana rānei tētahi.
- Mēnā he pakeke kei te whakahaere i reira, me kōrero atu mō te mahere mahi huangō a tō tamaiti.
- Me tirotiro kei te mōhio tō tamaiti ki ngā tohu o te pānga mai o te huangō, ā, me te wā me pātai atu ki tētahi tangata kia waea atu ki 111 mēnā kāore koe i reira.
- Me whakatenatena i tō tamati kia kōwhiria e tō tamaiti ngā hākinakina me ngā mahinga he maha ngā tū ka haere anō, pērā i te tēnehi, poiuka me te nuinga o ngā hākinakina ā-rōpū.
- Me whakatenatena i tō tamaiti kia kōiriiri me te whakamakaka.
- Me mōhio koe kia kaua pea tō tamaiti e haere ki waho korikori tinana ai i ngā rā makariri, maroke, mēnā rānei he nui te hae i waho.
- Ina makariri ana, me hīpoki te ihu me te waha ki tētahi kāmeta.



He tino kino te huangō o Alex Urlich, engari ehara i te mea ka aukatia tana whai i ngā mea e tino kaingākau ana ia. E kī ana a Alex:

Mō te hunga mate huangō, ā, kei te whakaaroaro ki tētahi hākinakina, ko tāku ki a koe kia kaha. Mēnā ka uaua, me mutu, engari he pono tāku kōrero ki a koe ka kaha, ka pakari koe i te hākinakina, ka mutu ka tū māia koe!

Mā wai e āwhina?

He tino taonga tō tamaiti. Me haumaru, me kaha te tipu o ā tātau tamariki katoa. He mahi pātui te tiaki i tō tamaiti. He pātui e ārahina ana e koe engari kei roto anō tō tamaiti, tōna whānau, ngā hoa, ngā kaiwhakarato hauora, me ngā rōpū katoa kei roto tō tamaiti, tae atu ki tōna kura, te kura kōhungahunga rānei.

Ko tō tamaiti te mea matua!

I te wā e tino nohinohi ana tō tamaiti, māu rawa tōna huangō e whakahaere, engari ā tōna wā mā tō tamaiti e whakahaere. Anei ētahi mea ka taea e koe te āwhina:

- He wāhanga te huangō nō te ao o tō tamaiti. He hira anō ngā whakaaro o tō tamaiti mō tōna huangō me anō i te huangō.
  Me whakatenatena i tō tamaiti ki te kōrero mō ōna whakaaro, wheako hoki. Me mātua whakarite ka taea e tō tamaiti te nuinga o ngā mea e mahia ana e ētahi atu tamariki. Mēnā kei te whai mahere ia, ka pai noa iho ia.
- He rauemi atu anō ā te Cardiac and Respiratory Foundation NZ kei tā rātau paetukutuku me tō kaiwhakarato hauora. Me āwhina i tō tamaiti ki te pānui me te mōhio ki ngā mōhiohio kei roto i ēnei rauemi.
  Me mātua whakarite kei te mārama ia ki tana mahere mahi.
- Me ako i tō tamati ki ngā kupu hei kōrero māna ki ētahi atu mēnā ki ōna whakaaro kei te kino kē atu tōna huangō. Me ngana ki te whakauru i tō tamaiti i roto i ngā kōrerorero ina whakamārama atu koe i te mahere mahi huangō a tō tamaiti ki ētahi atu tāngata.
  Me whakarite mēnā ki ō rātau whakaaro kei te kino kē atu ia, ka āhei ia ki te kōrero ki tētahi atu pakeke.



> I whakaakona e au a Sione ki ētahi mea māmā ka taea e koe te kōrero atu ki tōna kaiako, ki ētahi atu pakeke rānei mō tōna āhua. Mēnā i kite au e puta mai ana ōna tohumate, ka kī atu ahau, "Te āhua nei kei te hēmanawa koe. He rite ki te whiowhio tāku e rongo ana. E kīia ana tēnei ko te 'tīmohu'. He kikī tō uma? Mēnā kei te kikī tō uma, kei te tīmohu rānei koe, me kōrero mai ki au, ki tētahi atu pakeke rānei. Me kōrero mai mēnā kei te hiahia koe i tō ngongō whakamāmā."
>
> Mai i te wā i tīmata a Sione i te kura, i te mōhio ia me kōrero ia ki tōna kaiako ina 'tīmohu' ana ia me te hiahia i tana 'ngongō whakamāmā'. I kōrero atu au ki tōna kaiako me te whakarite i te mōhio ia kei te mōhio taku tama ki ana kōrero, ā, me aha ia.
>
> Helen, matua

Me whakauru ki tō whānau me ngā hoa

Kei te hiahia ngā whānau me ngā hoa katoa ki te āwhina i ā rātau tamariki. Me mātua whakarite kei te mārama rātau he aha te huangō, ā, he aha ngā mea ka taea e rātau hei whakahaere i te huangō o tō tamaiti. Me kōrero mō te mahere mahi huangō a tō tamaiti, ā, ka waiho he kape ki tētahi wāhi ka kitea e ia. Tonoa tō tamaiti ki te whakaatu me pēhea tana whakamahi i tana ngongō whakamāmā.

Ka āwhina i tō tamaiti mēnā kei te mōhio ia ki ngā tāngata mate huangō kei te ngangahau, hauora te noho. Me pātai ki tō whānau me ngā hoa ki te tuku kōrero kia kite ai tō tamaiti ka taea.

Te whakarite kia whai kiko ō kaiwhakarato hauora

I roto i tēnei pukapuka, he rite tonu te kōrero mō ngā 'kaiwhakarato hauora'. Kei roto i tēnei ko ngā rata, ngā nēhi me ngā kaiwhakaako huangō. Huihui katoa he rōpū tēnei e wātea ana ki te āwhina i a kōrua ko tō tamaiti. I ngā whārangi 33–35, he rārangi ingoa kei reira hei whakaoti māu kia maumahara koe i ngā wā katoa ki ngā ingoa o ngā kaiwhakarato hauora o tō tamaiti, ā, me pēhea te whakapā atu.



He nuinga ngā akoranga mō te huangō, ā, me pēhea te whakarite. Kei reira tō kaiwhakarato hauora ki te āwhina i a koe, engari i ētahi wā he pukā pea te āhua o ngā wāhui, ka anipā rawa rānei koe ki te hopu katoa i ngā kōrero. Anei ētahi mea ka āwhina pea i a koe:

- I mua i tētahi wāhui, me tuhi ō pātai. Me heri pene atu kia pai ai tō tuhi i ngā whakautu.
- Mēnā i te whakakī koe i tētahi rātaka tohumate, me heri atu. Ka whakamahia tēnei e tō kaiwhakarato hauora kia kite ai i ngā ia me te whakaaroaro mēnā ka taea te huangō te whakahaere kia pai ake.
- He mea nui te tuku pātai mēnā kāore koe i te tino mōhio, kei reira rānei tētahi mea kāore koe i te tino mārama. Mēnā kāore i te tino mārama ki a koe tētahi whakamārama, me pātai ki tō kaiwhakarato hauora kia homai he whakamārama kē. Me tuhi pea he pikitia, me homai rānei he puka whakamārama?
- Me heri he hoa, tētahi o te whānau rānei kia rongo tahi ai kōrua i ngā tohutohu me te tuku pātai. Ka taea e tērā atu tangata te tuhituhi ngā kōrero.
- Mēnā ka taea, me heri ko te tamaiti huangō anake ki te wāhui ka waiho i ētahi atu o ō tamaiti me tētahi kaitiaki. Ko te take kia māmā ake te arotahi mai.
- Me pupuri i tētahi whakaaturanga ā-tuhi o te hītori hauora o tō tamaiti i te taha o ngā mōhiohio mō tō whānau. He tangata anō kei roto i te whānau he mate huangō? Me heri i ō tuhinga kōrero ina haere atu koe ki tētahi kaiwhakarato hauora hou, mēnā rānei me haere tō tamaiti ki te hōhipera.
- I ia tau, e tūmanakohia ana me tirotiro e tō kaiwhakarato hauora te mahere mahi a tō tamaiti me te tirotiro kei te tika. He wā pai tēnei ki te kōrerorero, ā, me tiro anō te kaiwhakarato kei te tika te whakamahi a tō tamaiti i tana ngongō.
- Kaua rawa e māharahara mēnā he rite tonu tō pātai mō aua mōhiohio anō. He nui ngā kōrero hei whaiwhai māu, ā, he uaua te maumahara, otirā ina pōraruraru ana koe.



I te māharahara ahau kāore a Brooklyn i te whakamahi tika i tana ngongō. I tonoa e au kia whakaaturia mai e te nēhi kei te ratonga hauora paetata.

I kōrero mātau mō tana mahere mahi huangō, ā, i mua i taku wehenga mai i whakaatu mai anō e ia me pēhea te whakamahi i te ngongō. Ka pātai mai ia kia mahia me Brooklyn.

Ētahi pātai mō tō kaiwhakarato hauora

Anei pea ētahi pātai:

1. He aha te rongoā kei roto i ngā ngongō a taku tamaiti? He aha ngā pānga a te rongoā? He aha ngā mea ka taea e mātau mō aua pānga?
2. He aha ētahi atu mea ka taea e mātau hei ārai i ngā pānga mai o te huangō ki taku tamaiti?
3. Ki ahau nei kei te kite au i ētahi pūtake mō taku tamaiti. Me pēhea tā mātau tirotiro? Me pēhea te ārai i tēnei pūtake?



Me waihanga i tētahi hapori tautoko huangō

Ko te nuinga o ngā tamariki e haere ana ki te kura, ki tētahi kura kōhungahunga rānei me te uru ki ētahi atu rōpū hoki. He mea nui kei te mōhio ngā pakeke e tino whai wāhi atu ana ki tō tamaiti mō tōna huangō, ā, me aha ahau i tētahi ohotata. Ko te mea pai rawa mēnā ka pānuitia e rātau te mahere mahi me te kōrero me koe.

E hiahia katoa ana tātau kia haumaru ā tātau tamariki. He auahi-kore ngā kura katoa, ā, he kaupapahere tautoko huangō tō te nuinga. Ko te tikanga o tēnei i whakatau rātau ko te kura he wāhi haumaru, hauora hoki mō te hunga mate huangō. He maha anō ngā marae, whare karakia me ētahi atu whakahaere kua whakauru mai i ngā kaupapahere tautoko huangō, auahi-kore. Mēnā kei te hiahia tētahi rōpū kei roto tō tamaiti i tēnei, me whakapā atu ki te Cardiac and Respiratory Foundation NZ mō ngā mōhiohio me ngā rauemi.

Ko wai ā tātau kaiwhakarato hauora huangō?

Ka āwhina tēnei ki te whai i tētahi whakaaturanga ā-tuhi o te hunga e tuku ratonga hauora ki tō tamaiti.

Kei roto i tēnei rārangi ingoa ko ngā ingoa me ngā taipitopito whakapā o ētahi o ngā kaiwhakarato hauora kei roto i te rōpū huangō o tō tamaiti. I ētahi wāhi, he wāhi pātea kei reira mōu hei whakakī i ngā ingoa me ngā taipitopito whakapā o te hunga e kite ana koe. Kāore ngā kaiwhakarato hauora katoa i roto i tēnei ripanga. He pātea te rārangi whakamutunga kia pai ai tō tāpiri atu i te hunga e kite ana pea tō tamaiti.

Kaiwhakarato hauora

Ko tō **rata** whānau te tangata tuatahi ka kite koe ki te tiki i tētahi whakatau me te whiriwhiri i tētahi mahere mō te whakamaimoa i te huangō o tō tamaiti. Ka taea e te **nēhi** kōrua ko tō tamaiti te āwhina kia mārama ai ki te mahere me te whakatinana.

Mahi ai te **Cardiac and Respiratory Foundation NZ** ki te whakapai ake i te hauora romahā o ngā tāngata katoa o Aotearoa. Ka kitea e koe he mōhiohio anō mō ngā te huangō ki te paetukutuku a te Foundation.

Whakapā matua

Ingoa:

Wāhi noho:

Tau waea:

cardiacandrespiratory.org.nz

Kaiwhakarato hauora

Ka kitea e koe he **kaiwhakaako huangō** mā te whakapā atu ki tētahi manatōpū huangō, tarahiti rānei. E tuku ana ēnei ratonga i ngā mōhiohio me ngā tautoko mō te koreutu, iti noa te utu rānei. Ka kitea ēnei mā te pātai atu ki tō rata, te tirotiro rānei ki te paetukutuku a Cardiac and Respiratory Foundation NZ, i roto rānei i tō pukapuka waea.

Whakapā matua

Ingoa:

Wāhi noho:

Tau waea:

Ka tonoa pea tō tamaiti e tō rata ki tētahi **mātanga** e matatau ana ki tētahi kaupapa motuhake, pērā i te whakamaimoa i ngā mate romahā, te whakatau rānei i ngā mate pāwera, te hauora tamaiti rānei (he rata tamariki).

Ingoa:

Wāhi noho:

Tau waea:

Ka tonoa pea tō tamaiti e tō rata ki tētahi **kaimirimiri** ki te ako i ngā tikanga hei whakahaere i te whakahā me te tango hūware mai i tōna korokoro.

Ingoa:

Wāhi noho:

Tau waea:

Kaiwhakarato hauora	Whakapā matua
E tukuna ana e Te Manatū Hauora tētahi rārangi ingoa hei whakamahi māu ki te kimi i ngā taipitopito whakapā mō **ngā kaiwhakarato hauora Māori**.	**terauora.com/directory-maori_provid/** Ingoa: Wāhi noho: Tau waea:
E wātea ana ngā ratonga maha hei tautoko i ngā tāngata e hiahia ana ki te whakamutu i te kai paipa. He wāhi tīmata tino pai a **Quitline**.	**quit.org.nz** Ingoa: Wāhi noho: Tau waea:
He tangata anō e haere ana tō tamaiti ki te kite mō tana huangō? Ka taea ana taipitopito te tuhi ki konei.	Ingoa: Wāhi noho: Tau waea:

E tauawhitia ana tō tamaiti e tētahi rōpū e manaaki ana i tōna hauora. Mā ō tautoko me ā rātau, ka taea e tō tamaiti tōna huangō te whakahaere me te whai i tētahi ao hauora, ngangahau hoki.





Ehara taku toa i te toa takitahi, engari he toa takitini.

Cardiac + Respiratory
FOUNDATION NZ

The Cardiac and Respiratory Foundation NZ is the trusted leader in cardiac and respiratory health knowledge and advocacy for patients and health professionals in Aotearoa New Zealand.

Our purpose is to develop and support cardiac and respiratory health evidence-based practices through education, training, research and advocacy.

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