

TŌ ARATOHU MŌ TE WHĀNGAI Ū



Ko tenei Pukapuka

- 
- A woman with dark hair tied back, wearing a black top, is smiling and holding a baby. The baby is wearing a grey and white striped long-sleeved shirt and dark pants. The woman is looking down at the baby with a gentle expression.
- 1 He taonga tenei pukapuka, hei āwhina i a koe kia pai ai tō whāngai ū ki tō peepi.
 - 2 E tohu ana me pehea te timata kia pai ai tō mahi whāngai ū (whārangi 4).
 - 3 E whakaatu ana i ngā āhua ritenga rerekē ki te pupuri i tō peepi i te wā e whāngai ū ana koe (whārangi 6).
 - 4 E kōrero ana mō etahi o ngā raruraru, ā me pēhea tō karo, tō whakakore rānei i enei (whārangi 10).
 - 5 E kōrero atu ana ki te Matua, te Pāpā me pehea tōna āwhina i ā koe mē tō korua peepi (whārangi 14).
 - 6 Mena he pātai ano kei ā koe, e hiahia ana rānei koe ki te kōrero ki tetahi tangata mō ngā mahi whāngai ū? Waea mai ki tetahi o ngā nama waea kei runga i te whārangi mutunga o tenei pukapuka.

He tikanga māori, he tikanga tūturu tenei

○ Ko te whāngai ū, te timatanga oranga, pai rawa, mō tō peepi.

○ Kei roto i tō miraka ū ngā painga katoa, kia kaha, kia pai ai te tupu o tō peepi.

○ E whāngai ana, e hoatu inu ana, e manaaki ana, e awhi ana koe, i tō peepi i te wā e whāngai ū ana koe ki aia.

○ Kāhore he utu, kāhore i te hoko aha rānei tenei mahi te whāngai ū.

○ Kauga e whakamā. Kōrero ki tō whānau, ki ō hoa. Ko rātou hoki i mahi i tenei mahi te whāngai ū. Kā manaakitia koe ē rātou.



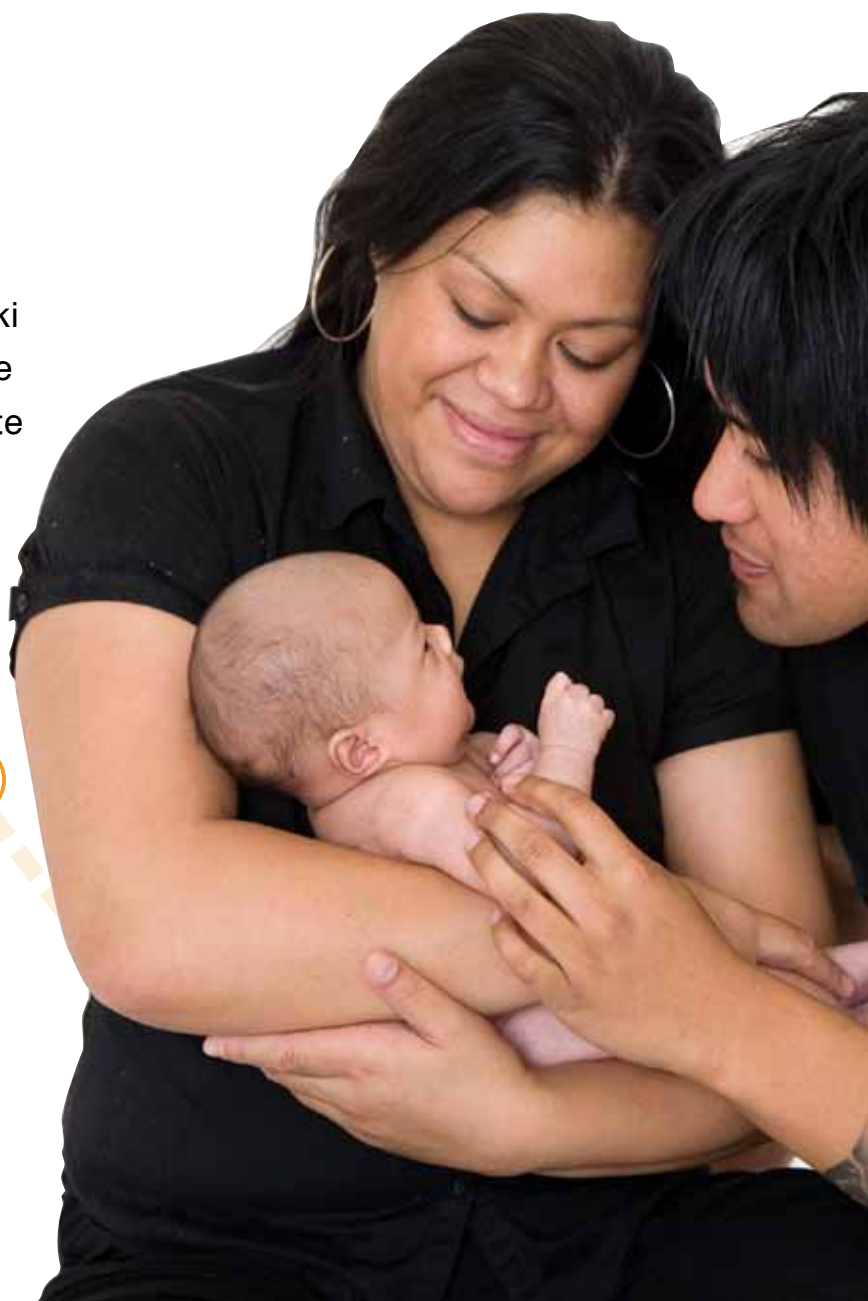
Ko te whāngai ū tuatahi

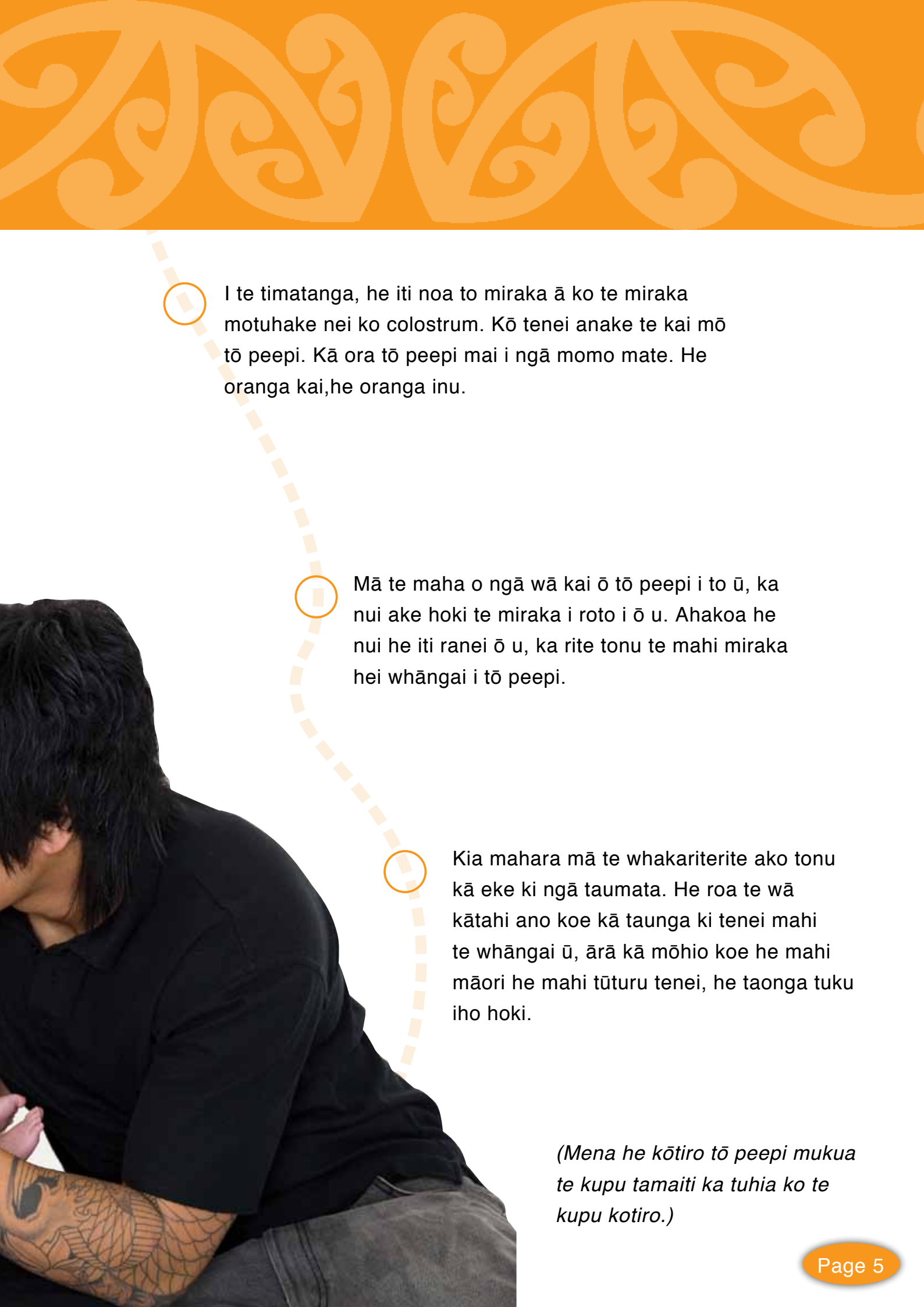
I muri tata iho i te whānautanga mai o tō peepi puritia kia piritata kia koe, kia pā tō kiri ki te kiri o tō peepi, kiri ki te kiri. Kā tino pai tō peepi ki tenei awhi, ā kā taunga hoki ia ki te piri mai kia koe.

Kā rongō to peepi i te mahana o tō kiri, kā pai tona piri kia koe, kā pai hoki tona rongō i te hotu o tō manawa.

Kua takatū tō peepi ki te kai mai i te 30 ki te 60 miniti i muri iho i te whānautanga mai.

I ngā rā i muri tata mai i te whānautanga o tō peepi, ka hiahia ia ki te kai, ā he maha ngā wā kai iti, tekau ki te takau mā rua ngā wā kai i te rā kotahi (24 haora).





I te timatanga, he iti noa to miraka ā ko te miraka motuhake nei ko colostrum. Kō tenei anake te kai mō tō peepi. Kā ora tō peepi mai i ngā momo mate. He oranga kai, he oranga inu.

Mā te maha o ngā wā kai o tō peepi i to ū, ka nui ake hoki te miraka i roto i ō u. Ahakoa he nui he iti ranei ō u, ka rite tonu te mahi miraka hei whāngai i tō peepi.

Kia mahara mā te whakariterite ako tonu kā eke ki ngā taumata. He roa te wā kātahi ano koe kā taunga ki tenei mahi te whāngai ū, ārā kā mōhio koe he mahi māori he mahi tūturu tenei, he taonga tuku iho hoki.

(Mena he kōtiro tō peepi mukua te kupu tamaiti ka tuhia ko te kupu kotiro.)

Me pēnei te mahi

He maha nga ritenga pupuri i tō peepi i te wā ō te whāngai ū. Rapua te ritenga e pai ana kia koe. Pātai atu ki ō hoa, mā rātou koe e āwhina ki te rapu ko tehea te wahanga, te ritenga, ē pai ana kia koe, mo te whāngai ū ki to peepi.



Transition hold



Cradle hold



Football hold



Lying down

1. Kia pai kia waimarie tō noho.

2. Haria mai tō peepi ki to ū kua ē haria atu to ū ki to peepi.

3. Puritia tō peepi kia piri tata kia koe, puku ki te puku. EHARA ko to peepi e takoto tuārā ana ā kei te huri kee tona titiro. Puritia hāpaitia tō ū i roto i tō ringa.



6. Kia koa kia hari. Kia rongu hoki koe i te pai i te waimarie ō tenei mahi.

Mena kāhore e pai ana e waimarie ana, ē noho hee ana ranei tō peepi i runga i tō ū, whakamutua tōna ngote i to ū, mā tō Kohi atu i to matimati kōiti, ki roto ki te taha ō tona māngai ka tīkarohia mai to peepi i to ū. Whakatikaina tana takoto kā whakahokia atu ano ki runga ki tō ū.



5. Me tino piri tata koe ki tō peepi. Kia nui te ū ki roto ki te māngai ō tō peepi.

Tirohia kia ahua titaha te mātenga ō tō peepi, e titiro ake ana me te tino piri mai o tona kaue ki tō ū.



4. Me tino mōhio koe e puare kaha ana te māngai ō tō peepi.

Haria mai tō peepi ki to ū kia pā mai tona kaue ki to ū i te tuatahi. Kā rongu ia i te ū kua pā mai ki tona kaue kā kite koe kua puare mai tona māngai.

Kua timata koe inaianei

Kā kaha atu tona kai i te miraka ū, kā kaha atu hoki to mahi miraka ū.

Mā to kaha ki te mahi whāngai ū i ngā wā katoa, kā nui ake te miraka ū i roto ia koe.

- whāngaia to peepi i ngā wā katoa e hiakai ana ia - whāngaia hoki ki runga ki tō ū tuatahi.
- Whakamahia kia puta ake te hau (burp). Tiinohia ona kākahu, awhihia kā tukuna atu ai ki te ū tuarua - mena e hiakai tonu ana ia.
- Kā tae ano ki te wā kai, timatahia te kai whāngai ū ki tetahi atu o ngā ū, a kua ki te ū i whāngaitia rā i te wā tuatahi.

Mā tō peepi e mea atu kia koe e hiakai ana ia. Āta tirohia, whakarongo ki ngā tohu - te korikori o te mähunga, te puare mai o te māngai, te ringa rānei ki roto i te māngai. Ko te tangi - he tohu mutunga kee tena.



E hiakai tonu ana ranei tō peepi

E ora ana tō peepi i te kai mena:

- he ora tōna hanga - e mataara ana
- e māro ana tona kiri
- e tupu kaha ana ia.



Ki te hiahia koe ki te mōhio e pehea ana tōna
oranga - tirohia ngā putanga o te mimi me te
tiko. Mena e ora ana tō peepi i te miraka kā
penei te maha o ngā koore, e mākū ana.

Rā tuatahi - tuarua	Tahi - rua, ngā koore maaku ia rā
Rā tuatoru me te tuawha	Rua - toru, ngā koore maaku ia rā
Rā tuawhā - atu.	Rima ki te ono koore maaku ia rā Ono ki te waru koore maaku ia rā E toru - maha atu - nga tiko ia rā mo te tuatahi o ngā wiki tua - ono.

Ki te kite koe kua ahua ngaro haere te taimahatanga o tō peepi i
ngā rā tuatoru tuawhā i muri iho i te whānautanga kua e ware,
ka hoki mai ano tona taimahatanga whānau - i roto i ngā rā
tekau ki te tekau mā whā o ona rā pakeketanga.

Kia mahara - he maha te hunga āwhina manaaki ia koe kei
to taha e tautoko mai ana. Ki te āwangawanga koe, te hiahia
rānei ki te kōrero ki tetahi tangata - waea mai ki tetahi o ngā
nama waea kei te whārangi mutunga o tenei pukapuka.

Ngā mea me āta whakarongo, me āta titiro

Te mamae o ngā kōmata ū

Ehara te mahi whāngai ū i te mahi mamae.

Me tino mōhio koe e puare nui ana te māngai o tō peepi ā e kii ana tōna māngai i te ū ehara ko te kōmata ū anake.



Ko te rongoa mo te whakapai i te mamae o te kōmata ū - me mirimiri o ū ki te miraka ū, i muri tata iho i tō mahi whāngai ū, pania ranei ki te hinu “lanolin” kia horo ai te ora o te mamae.

Whāngaia tō peepi ki te ū kāhore e mamae ana i te tuatahi.

Mena e mamae tonu ana o kōmata ū - haere ki te rapu āwhina oranga.
Kaua e waiho kia tino mate rawa.

Te tetere o te Ū

I te wiki tuatahi i muri iho i te whānautanga o tō peepi i te wā kā timata o ū ki te mahi miraka - ka ahua tetere o Ū, ka taimaha, ka pakeke, ka mahana me te mamae.

Me pehea koe?

Mahia tonu te mahi whāngai ū i te ra i te Pō – kua e mutu.

I mua i te whāngai ū kopakihia he taora maaku mahana ki runga ki o ū.

Tukuna te miraka ū kia rere i te tuatahi i mua i tō whāngai ū ki to peepi ka ngāwari o Ū ka pai ki tō peepi.



E tū ki raro i te wai-rere mahana.

Kuhua he rau kāpeti ota, ki roto ki tō pari – uma. Tikina he rau hou i muri i ngā wahanga kai katoa i te wā ranei kā kite koe kei te āhua maroke ngā rau.

Me mutu tō whakamahi i ngā raurau kāpeti ki te rongu koe kei te ora o ū kei te pai te ahua. Ko te hukapapa ano tetahi o ngā rongoa pai mo tenei mahi.

Kaua e haotu he “dummy” he “pounamu whāngai” ranei ki to peepi.

Te mamae o te Ū

Ki te kite koe i etahi pukupuku whero i runga i o ū, e kite ana rānei koe i tetahi puku pakeke ki te pā koe ki to ū? He mea tenei kei te puru to miraka ki tetahi wahanga o tō ū. Mena kei te werawera koe e ngenge ana e mamae ana – kei te paangia koe i tetahi mate ū.

Me tōtika to haere ki te rapu oranga.

Me mahia e koe enei mahi:



Whāngai Ū tonu ki tō peepi mai ngā ū e rua.

Whakamahanahia te waahi mamae i mua atu i tō mahi whāngai ū. Kopakihia ki te taora maaku mahana ki te tahi peekee witi ranei.

Mirimiria o ū ārā ngā waahi mamae pakeke, i muri tata i tō whāngai ū ārā i te wā e okioki ana tō peepi.

Me tiaki koe i a koe ano. Haere ki te takoto, me okioki me whakataa i ngā rā me ngā pō katoa.

Kia kaha te inu wai te kai hua rakau – e kii ana hoki enei kai i te mātu hauora C, penei me ngā ārani.

Ki te kore koe e whai oranga i te waru ki te rua tekau mā whā haora – haere tikina he kaiāwhina ia koe, kia ora ai koe.

Etahi mea me matua mōhio te tangata

Ko te miraka tuatahi ka timata mai i roto ia koe he tino miraka pai hei oranga mō tō peepi. Ko te ingoa o tenei miraka ko te “colostrum” he mea pai mo te arai mate, me te pai hoki ki te oranga o tō peepi i ona rā tuatahi ki tenei Ao.

He uaua te mahi ā te Whaea.

Ka whai kaha tonu koe ki te pai tō kai i ngā kai tika.

Ka kaha ake tō whāngai ū ki tō peepi ka nui ake te miraka ū i roto i a koe. Ehara ano mā tō inu miraka ka whai miraka ū koe.

Ahakoā pehea te nui te iti ranei o ō ō U, ka whai miraka tonu ki te whāngai ū ki tō peepi.

He mea tika ano ki te awhi ki te pupuri i tō peepi kia tata tonu kia koe ehara mō te whāngai anake engari ka mōhio tō peepi ka rongō i tō mahana tō aroha ki aia.

Mena e mahi ana koe – ka utua koe mo te kōkātanga ā rā te Utu kōkā 14 wiki. He wā pai tenei kia piri kourua kia kourua ā rā kia piri koe ki tō peepi me tona mōhio mai kia koe, me tō whāngai ū hoki.

Mena kā hoki koe ki te mahi – tukua he pātai ki to kaiāwhina mo ngā ritenga whāngai ū me te mahi.

Kia ora Pā – He nui tonu tō mahi mo tenei kaupapa

○ Kōrero atu ki tō hoa wahine, meinga atu he pai tona mahi.

○ He pai tonu tō awhi i tō peepi te pupuri i roto i ō ringaringa te hōroi kaukau i tō peepi. He mea nui tenei kia pātata koe ki tō peepi kia mōhio mai ai kia koe kia rongō i tō mahana kia pai kia mārie ai tona noho ki tō taha tona piri mai kia koe. (pikitia)

○ Mau ano e tiini ngā kākahu ō tō peepi i muri mai i tona kai.

○ Kā pai hoki ki tō peepi ki te takoto ki te pā tona kiri ki tō kiri.

○ Mau ano e mahi ngā mahi o te whakapai i te whare te mahi kai me era atu o ngā mahi kāinga kia wātea ai tō hoa rangatira ki te tiaki i aia i te peepi hoki. (Pikitia)

○ Me awhi ano hoki koe i tō hoa rangatira, engari kō te mahi ō te whaea he mahi uaua he mahi taimaha kā ngenge tonu tō hoa – nō reira me waiho nga mahi onioni mō te wā.



E Pā e mōhio ana rānei koe.....

He mea pai te whāngai ū ki tō peepi nā te mea:

- he kai he rongoa katoa kei roto i te miraka ū
- kā ora peepi e kore e pāngia i te maremare, te mate puku me te mate uma
- he pai mo te puku ō te peepi
- e kore e pā te mate taringa ki te peepi
- e kore e mate tō peepi i roto i tona moe.



He mea pai te whāngai ū mō tō hoa wahine mō te whaea nā te mea:

- he whāngai i te pō he mea pai (te ū kai pō)
- he pai kia waimārie ai tō peepi
- e kore e pā mai te mate pukupuku
- ka pai hoki te āhua ō tona hope.

He mea pai te whāngai ū mo te whānau:

- kāhore he utu- kāhore he pounamu, he kai mā te tangata e mahi hei whāngai i te peepi
- kāhore he wā whakamahana i te kai te horoi ranei i ngā pounamu
- kāhore he otaota
- kā kore haere ki te rata i ngā wā katoa kā toe ngā moni me te hoko rongoa hoki
- ko tenei anake te kai hei oranga mō tō peepi i ngā marama toko ono mai i tona whānautanga.

Titiro mai – ko wai ē āwhina ana i a koe?

Nā to mātou tino whakapono ko te whāngai ū ki tō peepi te mahi tino rangatira rawa atu mō tō peepi – ka kaha mātou ki te āwhina ki te tautoko ia koe kia pai ai kia koe me to peepi.

Mena he pātai ano kei a koe mō te mahi Whāngai Ū whakapā mai kia:

Healthline 0800 611 116

Plunketline 0800 933 922

La Leche League Auckland (09) 846 0752

La Leche League New Zealand..... www.lalecheleague.org.nz

or help@lalecheleague.org.nz

He waea noa iho te pātata mai o tetahi kaiāwhina.

www.breastfeeding.org.nz

