

Tau Fakatonuaga *Ke*
Lata Mo e Fakahuhu Tama



Ko e pepa nei hagai ke he

1 Tau fakatonuaga ke lagomatai aki a koe, ha ko e fakahuhu tama ko e mena fiafia.

2 Ko e haau a kamataaga foou he fakahuhu tama. (Laupepa 4)

3 Ko e tau puhala kehekehe ke tōtō aki e muke ka fakahuhu. (Laupepa 6)

4 Ka eke kua fai lekua, ko e tau puipuiaga, po ke tau puhala ke iloa e mena ke taute. (Laupepa 10)

5 Tau puhala ke maeke foki he matua taane ke lagomatai ki a koe mo e muke foou. (Laupepa 14)

6 Ka eke ke fai hūhū, po ke fia tutala mo e pulotu fakahuhu tama: telefoni atu ke he tau numela I tua he tohi nei.



Kua iloa e koe e mena ke

1 Ko e fakahuhu tama ko e kamataaga mitaki ma e haana a moui.

2 Ko e huhua he huhu haau, kua mitaki mo e katoatoa ma e muke, ke lata mo e tupuaki he haana a tino pihia mo e haana a moui malolo.

3 Kua foaki e koe e kai, pihia mo e haau a fakafetuiaga mo ia, leveki mo e fakakite e haau a fakalofa ke he muke.

4 Tau mukamuka, mo e nakai fakamole ha tupe ha ko e fakahuhu tama.

5 Ua mā a koe, kae tutala ke he haau a magafaoa po ke tau kapitiga ne kua fakahuhu tama. Mua atu foki ha lautolu a tau lagomatai.



Ko e Kai Fakamua


Ka oti e fanau, ti tōtō e muke mo e fakapiki ke he tino haau (skin to skin) kua fiafia mo e iloa e ia e mena ke taute.

Ko e mafana he haau a tino, kua hagahaga mitaki mo e hohofi ki a ia, pihia foki he logona e haau a atefua.

Ka molea e 30 ke he 60 e tau minute he fanau, kua amanaki foki a ia ke kai.

Tau aho he fanau foou, kua kamata a ia ke kai ke laga 10 po ke 12 e faka huhu he 24 tulā.





Ko e kamataaga he talaga e huhua huhu, to moua mai e huhua tote mo e aoga lahi ne fakahigoa ko e (colostrum). Lata ni e huhua huhu ia ma e muke foou, pihia foki mo e puipuiaga ma e tau gagao.

Ka laga loga e fakahuhu e muke, ti lahi foki e huhua huhu ka talaga. Pete ni ko e lalahi po ke ikiiki haau a tau fua huhu, kua talaga e huhua huhu ke lata mo e manako he muke.

Manatu – Iloilo ni a koe ka fakaako. Levaleva e falu, to logona ko e fakahuhu tama ko e mena ne mua he lalolagi, ko e koloa tokamau.

(Tau fakatonuaga tatai ni ka eke koe tama fifine haau po ke tama taane).

Ke Muitua a koe ki ai

Haha i ai e falu a puhala fakahuhu tama. Kumi e puhala kua lata mo koe, po ke hūhū atu ki a lautolu ne lagomatai, ke iloa e puhala kua hagahaga mitaki ki a koe.



Transition hold



Cradle hold



Football hold



Lying down

1. Faka hagahaga mitaki mua a koe.

2. Tōtō mai e muke ke he fua huhu haau. Kae nakai ko e mata huhu haau ke he gutu he muke.

3. Tōtō mai e muke ke fakapiki mai ke he haau a manava, ka e nakai fakatakoto he tua mo e fuluhi e ulu ke he fua huhu haau. Fakaaoga e lima ke tōtō aki e fua huhu.



6. Ka haghaha mitaki ti fiafia foki a koe.
*Ka nakai moua mitaki, ti ai la hako
e puhala fakahuhu. Taofi e muke he
monomono, ka e huhulu e matalima tote
ke he gutu, ti liu ke kamata foki.*



5. Fakapiki mai e muke ki a ko e, ke
moua mitaki e mata huhu.
*Fakalifa fakatote e ulu he muke
ki tua, ke tata e kumukumu ke he
mata huhu haau.*



4. Kitia kua fakamaga fakalahi e gutu he muke.
*Tōtō mai mua e kumukumu ke he fua huhu, ka
logona he muke, ti fakamaga e ia fakalahi e gutu.*

Puhala ke muihua ki ai

Ka lahi e huhua huhu he muke ne kai, to lahi foki e huhua huhu ka talaga.

Ke maeke ke huhua tumau e tau huhu, lali ke fakahuhu ke he tau mogo oti.

- Lali ke fakahuhu ke taha ni e fua huhu he mogo.
- Ka oti, ti fakatātō, fakafoou e kaputi, fakapukupuku mai ki a koe, to age e fua huhu ke ua po ke fia manako nakai e muke.
- Ka liu ke fakahuhu foki, ti age he fua huhu ke ua aki.

Iloa he muke ka eke ke hoge. Onono ke he tau fakakiteaga - ka eke ke uta fano e ulu mo e hafagi e gutu, po ke tuku e tama fua moto (fist) he gutu, to fakaoti aki e tagi he mogo fakamui.



Kua lahi nakai e kai he haau a muke?

Kua katoatoa e haana tau manako ha:

- Kua fiafia mo e alaala
- Momole mo e mao mitaki e kili
- Tupuaki e tino.



Ka manako ke iloa ko e fiha ne fano ki loto, fakakia ko e fiha foki ne hau ki fafo.

Ka makona e muke he kai to kitia ka loga e kaputi pala he aho.

Aho taha ke he ua	Taha po ke ua e kaputi pala he aho
Aho ke tolu kehe fa	Ua po ke tolu e kaputi pala he aho
Aho ke fa atu ki mua	Lima ke he ono e kaputi pepa (disposable). Ono ke he valu e kaputi kalaie mo e laga tolu po ke molea e fakavao ke he ono e faahi tapu he fanau foou.

Ko e aho ke tolu po ke fa he fanau ti to hifo e mata pauna mamafa, to liu ke he tuaga ka hogofulu po ke hogofulumafa e aho.

Manatu-Loga e tau logomatai ka nakai maama. Ka fia manako ke tutala mo e taha, ti hea atu ke he numela telefoni I tua he pepa.

Tau mena ke kitekite ki ai

Mamahi e tau mata huhu

○ Kua nakai lata ke mamahi e fakahuhu tama.

○ Manatu ke moua mitaki he muke e fua huhu, ka e nakai ko e mata huhu hokoia.



○ Ka mamahi e tau mata huhu, lali ke fakaaoga e huhua huhu ke amoamo aki e tau mata huhu, ka oti e fakahuhu, po ke fakaaoga he (Purifier lanolin) ke maulu mafiti.

○ Age fakamua e fua huhu ne ai mamahi lahi.

○ Ka eke ke mamahi agaia e tau mata huhu, kumi taha lagomatai ne ke kelea lahi.

Ka Fua E Tau Huhu

Ko e tapu fakamua he oti e fanau, kua mafiti lahi he talaga e huhua huhu, ti lahi mo e logona e koe e mamafa, fuafua mao, vela mo e mamahi.

Tau mena ke taute:

Fakatumau ke fakahuhu e muke he aho mo e po.

Fakamua to fakahuhu tuku aki e tauela mafana e tau fua huhu.

Tatau fakatote e huhua huhu, to fakahuhu e muke ke molu e fua huhu.



Fakaaoga e saoa (shower) mafana.

Fakamea e tau lau kapisi ti tuku I loto he palehuhu. Fakafoou ka oti e kai, po ke fifigo e tau lau. Ka logona e koe e hagahaga mitaki ti taofi. Mitaki foki e aisa momoko (ice pack).

Lali ke ua fakaaoga e mata huhu (plastic dummy) po ke lupu huhu. Fakahuhu e haau a muke.

Ka mamahi e haau a tau fua huhu

Ka kitia e koe kua kula po ke segasega mao, mo e mamahi e tau huhu, kua ponotia e talagaaga he huhua huhu. Ka eke ke velavela, lololole mo e mamahi foki, liga kua fai lekua e haau a tau huhu.

Kumi taha lagomatai fakamafiti.

Tau mena ke taute e koe?



Faka tumau mo e fakahuhu e muke haau.

Fakamafana e faahi ne mamahi to fakahuhu. Tuku aki e kala tauela mafana, po ke taga saito mafana. (wheat bag).

Amoamo ka segasega mao agaia, ka fakamaoki e muke he mono he fua huhu.

Leveki foki a koe, ke moua e taha magaaho ke takoto mo e okioki he aho mo e po.

Inu fakalahi e vala vai, mo e kai e tau fua lakau ne lahi e (Vitamin C) tuga e tau fua moli.

Ka nakai malolo a koe he valu ke he uafulu e tau tulā ti kumi fakamafiti taha lagomatai.

Ngaahi me'a 'aonga ke 'ilo ki ai

Ko e huhua huhu fakamua, kua mitaki lahi ma e muke. Kua fakahigoa ko e (Colostrum), kua maeke ke puipui mai he tau gagao, mo e kamataaga he moui mitaki ma e muke foou.

Ko e matua fifine fanau foou fa lololele he falu a mogo. Mitaki ke kai he tau fua kai mitaki ke lata mo e malolo tino.

Ko e mahani he muke, ke fia toto mo e fakatata kia koe, pete ni ka ai fia kai, ka ko e mafanatia mo e fakafetuiaga he matua mo e tama.

Ka eke ko ko e gahua, liga moua e totogi haau ko e (Maternity Leave), he tapu ke hogofulumafa he nofo a koe I kaina. Ko e mena mitaki ke moua e mua e fakafetuiaga mitaki, kua fialia foki a koe ha ko e fakahuhu tama.

Ka eke ke liu a koe ke gahua, huhu ke iloa e tau fakatokatokaga he fakahuhu tama pihia mo e gahua.

Ka fakahuhu tumau e muke, to lahi foki e huhua huhu ka talaga. Nakai pehe, ka inu ni a koe he huhu to huhua e tau huhu haau.

Pete he lalahi, po ke ikiiki e tau fua huhu haau, ko e huhua huhu kua talaga fakalata ni ma e muke foou.

Kehe Matua Taane! Kua mua atu haau a tau lagomatai ki a laua

Talaage ke he matua fifine haana a tau gahua mitaki.

Fakafiafia e muke ke hapai po ke lukuluku a ia, pihia foki ka fakakoukou. Ko e fakafetuiaga haau mo e muke, ke moua e ia e mafanatia ki a koe.

Maeke a koe, ke fakakaputi foki e muke.

Fiafia lahi foki e muke ka fakapiki e tino haau ki a ia.

Lagomatai ke fakamēa e fale, tunu e kai ka e atā e matua fifine ke moua taha magaaho ke fakafetui mo e muke.

Fia manako foki e matua fifine ke moua taha magaaho mo ko, ha ko e fanau foou, kua lololole, mo e ai la amanaki ke tau momohe.



Iloa nakai e koe, ko e Matua Taane?

Ko e fakahuhu tama ko e mena mitaki lahi mo e haau a muke, kakano:

- ko e huhua huhu ko e mena kai, fakalataha mo e vai lakau
- to ai moua tumau he gagao, tau moko manava, pihia mo e gagao fatafata (chest Infection)
- mitaki mo e molū, ke lata mo e manava kai he muke
- nakai mukamuka ke moua e teliga pela (glue ear)
- nakai mukamuka ke moua he mate fakafo (cot death).



Fakahuhu tama ko e mena ne mua he mitaki ma e matua fifine:

- mukamuka ke fakahuhu he po
- puhala mukamuka ke faka fiafia e muke
- nakai mukamuka ke moua e falu gagao kenesā (cancer)
- liu a koe ke he tuagā tino tuai haau fakamua.

Ko e fakahuhu tama ko e mena mitaki ma e magafaoa katoa, kakano:

- moua noa, nakai fakatau e tau lupu huhu, poke huhu mau tuai
- nakai uka he fakamafana he huhu, po ke fakamea he tau lupu huhu
- nakai fai mena moumou
- tote e tupe ke fakamole ke he ekekafo mo e tau vai lakau
- ko e kai ni aia kua lata tonu mo e muke ke he ono e mahina he oti e fanau.

Koe tau lagomatai kia koe

Kua manatu a mautolu koe fakahuhu tama, koe mena ne mua, Kua maeke ia mautolu ke lagomatai kia koe mo e haau a muke ha ko e mena kua mua mo e fuluola.

Ka fai hūhū kehe fakahuhu tama, matutaki kehe:

Healthline0800 611 116

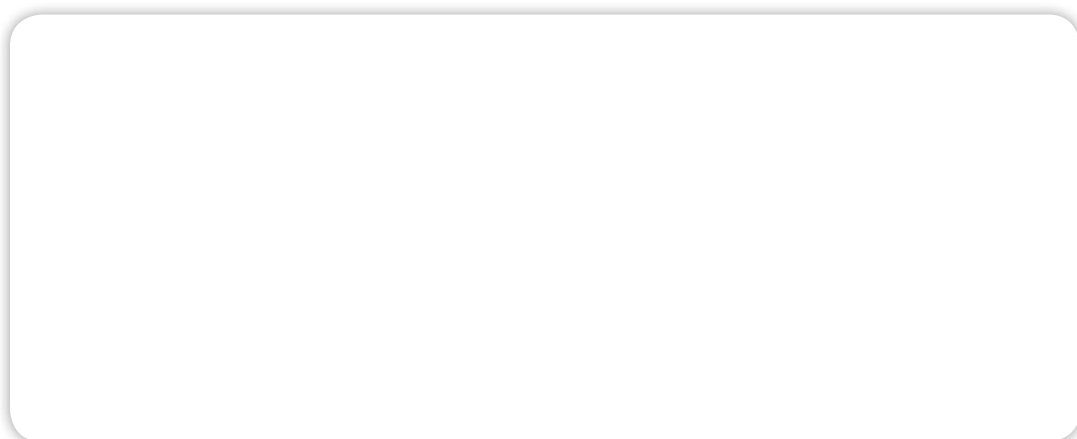
Plunketline0800 933 922

La Leche League Auckland (09) 846 0752

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Hea atu ka fia manako lagomatai



www.breastfeeding.org.nz

