

He tikanga māori he tikanga tūturu tenei

Mai ano i te whānautanga mai o to peepi ka timata ia ki te rapu i tō ū.

- Kā taunga ia ki te mahi tūturu, te mahi māori nei te whāngai ū.
- I iti noa iho ngā whakariteritenga kā taunga koe ki tenei mahi.
- Mai rā ano te māmā te whaea e whāngai ū ana ki ona tamariki.



Te Ngākau Hari o tenei mahi te whāngai ū



Ki te hiahia koe ki te kōrero ki tetahi tangata mō tenei mahi te whāngai ū whakapā mai ki:

TE REO

www.breastfeeding.org.nz



Whāngai Ū

He tino pai mō tō peepi

- He oranga motuhake mō tō peepi.
- Kā ora hoki tō peepi.
- Kā pai tona wairua tona mōhio kei te tiakina āwhinatia ia.
- Kā pai hoki te whakapiri tahi ia kourua.
- Kā pūmau tonu te kai.
- He pai te mahana o te kai.
- He kai e whakatupu kaha ana ki roto ki tō peepi.



Kā toe nga putea moni

- Hore kau he utu.
- Hore kau he otaota.
- Hore kau he haerenga ki te toa ki te hoko pounamu miraka ranei.
- Kā kore e pau te moni ki te utu mo te rata me te rongoa.
- Koi nei anake te kai oranga mō tō peepi i ngā marama e ono mai i tona whānautanga mai.



Kā pai hoki kia koe

- Kā pai hoki te whakapiri tahi ia kourua.
- Kā mōhio tō peepi ko koe tonu tona hirangi.
- Kei a koe te oranga o tō peepi.
- Kā whai oranga ano hoki koe.
- He pai he tere ki te whāngai i ngā pō.
- Kā hoki wawe mai te ahua ataahua o tō hope.

