

Ko e tonuhia he tau mena ke taute

Ko e mena fakamua he muke ka fanau, ko e kumi he fua huhu

- Kua iloa e ia e mena ke taute.
- Ka fakaako, ti iloa e koe e mena ke taute, ha ko e koloa tokamau.
- Ko e fakahuhu tama ko e mena mai he vaha I tuai, mae matua fifine mo e muke foou.



Koe Fuluola he Fakahuhu tama



Ka fia iloa tala, matutaki mo ia e pulotu fakaako fakahuhu tama:

NIUEAN

www.breastfeeding.org.nz



Mitaki ma e tama muke

- Katoatoa e tau manako he muke
- Lagomatai ke malolo e tino
- Lagomatai ke moua e moui fiafia
- Ko e fakafetuiaga haau mo ia
- Mau amanaki
- Tumau e mafana
- Ko e tupuaga he tama tino malolo

Fakahuhu Tama



Mau e tupe

- Moua noa
- Nakai moumou ha mena
- Nakai fakatau e huhu poke tau lupu huhu
- Totogi tote e ekekafo pihia mo e tau vai lakau
- Ko e fua kai ni a ia he muke ke he ono e mahina.



Mitaki lahi ki a koe

- Lagomatai ia koe mo e muke ke moua e fakafetuiaga
- Kua mua a koe ke he muke
- Iloa e koe e tau manako he muke
- Moua e tino malolo
- Mafiti mo e mukamuka he po
- Lagomatai ke liu e tino haau ke he tuaga tuai

