

Te whai Miraka

Kā pōraruru koe nā tō whakaaro
kāhore tō peepi e kii ana i te kai miraka,
nā to kore kite i te nui o te miraka e puta
atu ana i tō ū ki tō peepi.

Mena kei te ora tona hanga kei te pakari
tona kiri e tupu pai ana ia, he tohu katoa
enei, kei te pai tona kai, e kii ana ia i te
miraka ū.



Me pehea ahau e mōhio ai kei te kii taku peepi i te miraka ū

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, kā hoki mai ano tona taimahatanga whānau - i roto i ngā rā tekau ki te tekau mā whā o ona rā pakeketanga.



He rerekee ngā peepi katoa. Ko etahi peepi he ata kai noa iho te kai ko etahi he tere te kai. Ko etahi kei te hiahia kai i ngā wā katoa, ko etahi ano he iti noa te kai. Ko te mea nui mena kei te ora te hanga o tō peepi, e nui haere ana tona taimahatanga e pakari haere ana tona tinana kei te ora to peepi.

Kaua ano hoki e ware mena he nui he iti ranei o ū na te mea ka maha atu tō mahi whāngai ū ki tō peepi ka maha atu tō whai miraka ki roto ki o ū.

Mā te kaha o te mahi whakariteritenga ka eke ki ngā taumata. Kei te timata koe ki te mōhio ki tō peepi. Ka timata hoki ia ki te mōhio mai kia koe. He roa ano te wā ka āhua taunga kourua ki tenei mahi te whāngai ū ka taunga ka kite koe he mea māori tenei he mahi tūturu ano.

He aha taku mahi mena ka kite ahau kāhore taku peepi e ora ana e āhua taimaha atu ana?

Ko enei ngā mahi tuatahi

Kia maha atu ngā wā whāngai ū. Mā te maha ano o te whāngai ū kā nui atu te mirka ki ngā ū.



Me whāngai ū ki nga ū e rua i te wā e whāngai ū ana koe

- Whāngai ū kia rongu koe kua pau te miraka mai i taua ū, katahi ano ka hoatu te ū tuarua kia kii noa te kai o tō peepi.
- Mō te kai i muri mai i tenei me timata ki tera atu ū.
- Kua e ware mena kā rongu koe e āhua titoki ana o ū.

Me whakaaara te peepi e moe ana ka tae ki tona wā kai kia maha ai ngā wā kai.

Tirohia mena e pai ana te takoto o tō peepi ki to ū e pai ana tona hononga ki tō ū.

Me matua mōhio koe e kai ana tō peepi i tō miraka, ārā e rongu ana koe i tona ngote me tona horomi i te miraka.

Tena pea me kōrapu e koe to ū kia pai ai te rere o te miraka mai i tō ū i te wā e kai ū ana tō peepi.

Kua e hoatu he “dummy” ki to peepi mo te ngote.

Kōrero atu ki to kaiāwhina. Mā rātou e rapu he aha ngā āhuatanga e pā ana.



He tikanga tonu tenei?



○ Kā rongō koe e āhua ngāwari mai ana ō ū, kua mutu ranei te maringi, te patere mai ō te miraka i ō ū.

Kaua e ware he tikanga tonu tenei. He tohu tenei e pai ana ō ū ki te mahi miraka hei whāngai i tō peepi.

○ Kua ahua utiuti tō peepi.

Kāhore tenei e tupono ana na tōna kore kii i te kai – tena pea kei te hiahia kee ia kia piri tata mai kia koe.

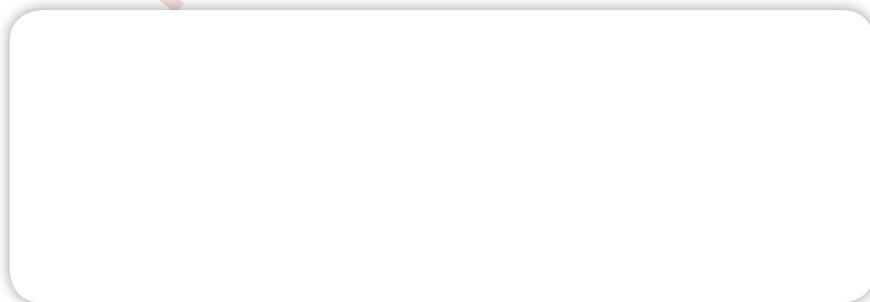
○ Ka maha atu ngā wā e hiahia ana tō peepi ki te kai.

Kei te kaha pea te tupu ō tō peepi. Ko tenei “tupukaha” e pā mai ana ki te peepi mai i te rua toru wiki te pakeke ki te ono wiki a ka penei ano i te toru marama. Ka nui atu tona ngote miraka mai i ō ū, ka kaha atu ō ū ki te mahi miraka.

○ Ka poto ngā wā e whāngai ū ana koe ki to peepi.

Ka pakeke haere to peepi ka pai atu tona ngote i te miraka mai i ō ū. He tohu ano tenei kei te pai kei te ora te mahi whangai ū.

Mo te āwhina waea mai.



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