

# Huhua Huhu

Ka tupetupe a koe ha kua nakai iloa,  
ko e lahi nakai e huhua huhu ke lata  
mo e muke, ha koe mena nakai kitia  
e ko e e huhua huhu ne moua mai he  
fua huhu.

Ka eke ke tino malolo mo e mataala,  
momole mitaki e kili mo e tupuaki,  
kua katoatoa e haana a tau manako.



# Iloa fefe e au, kua lahi e huhua huhu ke lata moe tama muke?

Ka fia iloa koe fiha ne fano ki loto – kikitē foki, ko e fiha ne hau ki fafo. Ka lahi e huhua huhu ne kai he muke, ti loga foki e kaputi pala:

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 foou e muke, ti to hifo e mata pauna mamafa, mo e liu kehe tuaga ka eke ke hogofulu ke he hogofulumafā e aho he fanau.



Nakai tatai e tau fanau mukemuke. Falu fakatuai ke kai, kae mafiti e falu. Ka fakatumau e muke ke tupuaki mo e tino malolo, nakai fai mena ke tupetupe a koe ki ai.

Pete ni he lalahi po ke ikiiki e tau fua huhu haau, ka eke ke fakahuhu tumau, to lahi foki e huhua huhu ka talaga.

Mitaki ke fakaako, mo e iloa mitaki e koe e muke foou haau, pihia foki ni e muke ke mafanatia ki a koe. Ko e fakahuhu tama ko e mena ne mua he lalolagi.

# Tau mena ke taute ka nakai tupuaki e muke?

## Mena fakamua ke taute

○ Fakahuhu ka eke kua manako. Ka fakahuhu tumau e muke, to lahi foki e huhua huhu ka talaga.

○ Fakaaoga ua e tau fua huhu ka fagai e muke:

- Fakahuhu kaeke ke logona e koe kua maha e fua huhu fakamua, ti age e fua huhu ke ua aki a to makona e muke.
- Ka liu ke fakahuhu foki ti age e fua huhu ke ua aki.
- Ua tupetupe ka logona e koe e kehekehe he tau fua huhu haau.

○ Ka eke ke mohe tumau e muke, ti fafagu ke fakahuhu.

○ Kitia kua hagahagamitaki e muke, mo e tau mitaki ke he mata huhu.

○ Logona e koe ka holo mitaki e huhua huhu, pihia foki ka folo he muke.

○ Lali ke tatau fakaeneene e fua huhu ke holo mitaki e huhua ke mono he muke.

○ Lali ke ua fakaaoga e mata huhu (dummy) ke mono e muke.

○ Tutala mo ia ne lagomatai ke he faahi fakahuhu tama, mo e iloa ko e heigoa e lekua.



# Koe Puhala Tonu



○ Ka amanaki e tau fuahuhu ti molū, po ke ai tafe ka oti e fakahuhu.

*Ko e kakano ha kua talaga fakalata ni e huhua huhu ke lata mo e muke haau.*

○ Ka uliulitonu e muke.

*Nakai koe ai makona, ka kua fia manako a ia ke fakapiki ki a koe.*

○ Ka eke ke fia kai tumau e muke.

*Liga kua tupuaki mafiti (growth spurts) Fa mahani ke tupuaki mafiti he ua po ke tolu e faahi tapu he fanau, ono e faahi tapu, poke tolu e mahina. Ka lahi e huhua huhu he muke ka kai, to lahi foki e huhua huhu ka talaga.*

○ Ko e tuku hifo he tau mogo fakahuhu he muke.

*Ka tupuaki e muke mo e lotomatala he mono he mata huhu, ko e fakakiteaga kua mafola e tau mena oti.*

Hea atu ka fia manako lagomatai



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