

Ngā Mate ka pā mai ki te Ū

Te mamae o te ū

Ki te kite koe i etahi pukupuku whero i runga i ō ū, e kite ana rānei koe i tetahi puku pakeke ki te pā koe ki to ū? He mea tenei kei te puru tō miraka ki tetahi wahanga ō tō ū. Mena kei te werawera koe e ngenge ana e mamae ana ranei – kei te paangia koe i tetahi mate ū.

Me tōtika tō haere ki te rapu ora.

Me mahia e koe enei mahi:

Whāngai Ū tonu ki to peepi ia rua haora, mai ngā ū e rua engari me timata te whāngai mai i te ū mamae i te tuatahi.

Whakamahanahia te waahi mamae i mua atu i tō mahi whāngai ū. Kopakihia ki te taora maaku mahana ki te tahi peekee witi ranei.

Mirimiria ō ū ārā ngā waahi mamae pakeke, hei whakatika i te kati tanga ō te miraka i muri tata i tō whāngai ū ārā i te wā e okioki ana tō peepi.

Me tiaki koe i a koe ano. Haere ki te takoto, me okioki me whakataa i ngā rā me ngā pō katoa.

Kia kaha te inu wai te kai hua rākau – e kii ana hoki enei kai i te mātu hauora C, penei me ngā ārani.



- Mena kāhore ano kia pau noa te kai o tō peepi i te miraka mai i tō ū mamae he mea pai tonu ki te whakamahi i tō ringa ki te miraka i tō ū kia puta katoa mai te miraka.
- Pātaia ki tō kaiāwhina whāngai ū kia tirohia mai te takotoranga o tō peepi me te pehea o te kai ū o tō peepi. Tena pea kā pai kee atu te whai i tetahi atu ahua takotoranga mō tō peepi ki te whāngai ū.
- Ki te kore koe e whai oranga i te waru ki te rua tekau mā whā haora – haere tikina he kaiāwhina ia koe, kia ora ai koe.

He aha te take e mamae ana aku ū

- He maha ngā take e mamae ai o ū penei i:
 - Te whakawhāiti i te wā me te maha o te mahi whāngai ū.
 - Kāhore e tika ana te takoto o tō peepi kāhore e tau ana ki tō ū
 - Nā te hoatu pounamu.
 - Nā te whakamahi tonu i te “dummy”.

- Nā te whakarerekētanga o ngā ahua mahi e pā ana kia koe kā iti iho ngā wā whāngai ū ai koe ki tō peepi.

He waea noa iho te pātata mai o tetahi kaiāwhina.



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