

# Ka fai lekua e tau fua huhu

## Ka Mamahi

- Ka kula po ke segasega mao, mo e mamahi e tau huhu, liga kua ponotia e talagaaga he huhua huhu. Ka eke ke lololole, mamahi mo e velavela, liga kua fai lekua e tau huhu.
- Fakamafana e faahi he fua huhu ne mamahi, fakaaoga e tauela mafana, po ke taga saito (wheat bag).
- Tau mena ke taute fakamafiti.
- Mulumulu ka eke kua mao e fua huhu, he mogo ka fakamaoki ai e muke, ke lali ke atā e faahi ne ponotia.
- Fagai e muke laga ua he tula, kamata he fua huhu ne mamahi mua.
- Leveki foki a koe, ke moua e taha magaaho ke okioki ai, he aho pihia mo e po.
- Inu fakalahi e vala vai-mo e tau fua lakau ne lahi e vitamini C tuga e tau fua moli.

## Tau mena ke taute e koe



- Ka nakai maha e fua huhu, mo e mamahi agaia, ti tatau aki e lima ke maha.
- Hūhū ki a ia mai he faahi fakahuhu tama, ke kitia e puhala ne takoto e muke, pihia mo e mogo ka fakahuhu. Mitaki foki ke fakaaoga e koe taha puhala fouu ke fakahuhu.
- Ka nakai moua e mitaki, po ke ai malolo he valu kehe 24 tula ti kumi taha lagomatai.

## Ko e ha ne mamahi ai e tau huhu?

- Haha iai e falu a mena ne kua moua ai, ka mamahi e tau huhu tuga e:
  - tau taofi e tau magaaho ka fakahuhu e muke
  - ai hagahagamitaki e puhala ne takoto po ke nakai moua mitaki e mata huhu
  - fakaaoga e lupo huhu
  - to lahi e fakaaoga e matahuhu (dummy)
  - kua hikihihi e tau mogo fakahuhu, ha ko e tau lavelave.



Telefoni mai ka fia lagomatai:

[www.breastfeeding.org.nz](http://www.breastfeeding.org.nz)

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