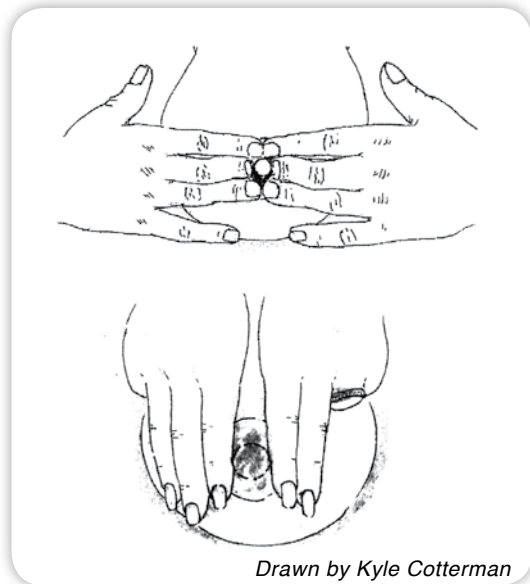


# Ko ngā mate o te Ū

## Te tetere o te Ū

I te wiki tuatahi i muri iho i te whānautanga o tō peepi i te wā kā timata o ū ki te mahi miraka - ka āhua tetere o Ū, kā taimaha, kā pakeke, kā mahana me te mamae.



*Drawn by Kyle Cotterman*

Mā te tetere o te ū ka mamae te komata o te ū, me te pā mai o te mate ki te ū. E kore hoki e pai te rere o te miraka ū.

Kaua e hoatu “dummy” hoatu pounamu ranei ki to peepi. Mena ka hiahia to peepi ki te ngote – whangaia ki te ū.

E kore e roa te mate tetere o te ū mena e kaha ana koe ki te whāngai ū ki tō peepi mai i tona whānautanga mai.

Tena pea kei te tahurihuri tō peepi ki te rapa atu ki tō ū, a mau ano ia e āwhina mā te:

- mā to tuku i te miraka ū kia rere kia ngawari ai tō ū
- me whakamahia tō konui o matimati ranei ki tō uma ki te wahanga o tō komata - ki te waahi hanga mangu o tō u - pepehia to ū kia hanga ngāwari te ahua. Whāngaia ki te peepi i te wā e ngawari ana to ū.



# Etahi atu tikanga ka whakamahia e koe

E mua tata i tō mahi whāngai ū - kopakihia he taora maaku mahana ki runga ki o uū kia pai ai te mahana o o ū.

E tū ki raro i tetahi wai horoi mahana ka huri atu ai tō tuara ki te wai mahana, kia pai ai te rere o te wai ki runga ki o ū. Me ata mirimiri i o ū he mea pai tenei hei whakangāwari hei tiaki hoki i o ū.

Meingatia he hukapapa ki runga ki o ū i waenga i ngā wā whāngai ū. Whakamahia he peke kōnatunatu hukapapa he peke hua hukapapa huawhenua ranei, me kōpaki ki roto i tetahi taora ka meingatia ai ki runga ki o ū, ki to uma mo te tekau ki te rua tekau miniti te roa.



He raurau kapiti kua hōroia ki te wai, Tangohia ngā tā o te kāpeti kā kotia ai he waahi kowhao hei putanga mō tō ū. Kohia ngā raurau kāpeti nei ki roto ki to pari. Tikina he rauraru hou i muri i ngā mahi whāngai katoa. Tirohia ranei ngā raurau mena kua ahua piko, tikina atu ano he mea hou. Me mutu te mahi pēnei mena kā rongo koe kua pai o ū kāhore e mamae ana.



Kākahutia he pari e hapai ana i o ū, kua e kākahutia ngā pari rino nei he waea ranei kei roto.

Ka hoki te tetere, ahakoa kei te rere tonu to miraka, kei te kii tonu o ū e kore ano o ū e penei te nui te ahua.

He ringa tata hei āwhina ia koe:



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